

Mindfulness Moments

PATIENT EDUCATION

Objectives

1. Put God first
2. To enjoy peace in the present moment
3. To Lead with Love
4. To live fully alive in mind, body, spirit
5. Give God the glory



Start with prayer, where there is room for both the Pipe and the Bible



Mitakuye Oyasin = We are all related.
All are one in Christ Jesus. Galatians 3:28

The Lakota Four Directions Prayer

Creator, hear my prayer, and honor my prayer. As the day begins with the rising sun, I ask, Spirit keeper of the East, Brother Eagle, Be with me. Help me to walk my path with joy and love for myself, for others, for the four legged, the winged ones, the plants and all creation upon Mother Earth.

We are all responsible for our health and all life and healing comes from the Great Spirit.

Lakota Four Directions Song Link:
<https://youtu.be/-qeb4KhIMQ8>

God, you are the greatest physician and prayer is the best medicine. We come to you with grateful and humble hearts. Please allow your Spirit to guide my thoughts, words and actions and to live each day to glorify your Holy Name. Please give me courage and strength to walk the Red Road, your Sacred Path to be one with you, ourselves, one another living a drug and alcohol free life. I desire to know you personally and find peace in my heart that only you can give. In Jesus's name amen.

Cultivate an Attitude of Gratitude

For example, each morning I thank God for another day, the courage to do his will and make my bed. That way I have accomplished three things before leaving my bedroom. When we practice gratitude for all things, we are able to rise above our problems and release them to God. This helps us to replace worry with worship and God turns our battles into blessings. The challenge is to not take back our worries-remember they are God's anyway. Each day is a gift, the "present" moment.





Breathe in and Breathe out

Slow in and out of your nose with mouth softly closed and tongue on the roof of your mouth. Channel the deep breath and fill your lungs. Breath and Spirit are the same words in Greek and Hebrew. The Spirit is Love and connects all that is good: the Medicine Wheel – our mind, body and spirit. Control your breath and you control your peace in the presence of Jesus- there is no safer place.

Smile Breathe Love Meditation

If your mind wonders: return to your breath.



Link: <https://bit.ly/smilebreatheLove-vid>
or scan the QR Code



Free Handout:
<http://bit.ly/SBLhandout>
or scan the QR Code

“
*Jesus, I need,
trust and love you.*”

Grounding exercises

- Blink your eyes
- Breathe in/out
- Swing arms: forward and side to side
- Tapping: legs, arms, and shoulders
- Brain yoga
- Head shoulders knees and toes
- Sit with eyes closed with hands over chest and slowly breathe in and out.
 - Repeating: "Jesus I need you. Jesus I trust you. Jesus I Love you."



Other mantras

- May I be happy.
- May I be humble.
- May I be peaceful.
- May I be Loved.



Recite the Five Finger prayer
Video Link: <https://bit.ly/5FingerPrayer-vid>
or scan the QR Code



Grounding Exercise Video:
Video Link: <https://bit.ly/grounding-vid>
or scan the QR Code



Healthy

Forgive everyone
and Rejoice



Unhealthy FEAR

Forget everything
and run or false
evidence appearing real.

Lady Bug

Fearless reminds us to let go and let God. Bring our worries to God and return to his great Love.

Link: <https://bit.ly/LadybugYT>
or scan the QR Code.



Loving Kindness Meditation



Link: <https://bit.ly/drg-loving-kindness>
or scan the QR Code



Video Link: <https://bit.ly/Lovingkindnessvid>

Progressive Muscle Relaxation/Body scan



Video Link: <https://bit.ly/prog-muscle-vid>
or scan the QR Code



Reiki "Energy" Self-Care



Link:
<https://bit.ly/reiki-selfcare>
or scan the QR Code



Video Link:
<https://bit.ly/reiki-selfcare>



Yoga



Video Links:
<https://bit.ly/5pillar-yoga-vid>



<https://bit.ly/Yoga-drgeorg>
or scan the QR Code



Acupressure



Link:
<https://bit.ly/drg-acupressure>
or scan the QR Code



Guided Imagery



Video Link:
<https://bit.ly/Guidedimagery-vid>
or scan the QR Code

Constantly talk with Jesus.

Picture him sitting next to you or walking beside you holding your hand. Run into his arms.



Daily Devotions Link:
<https://bit.ly/slg-dailydevotions>
or scan the QR Code



Powerful Buddha Quotes



Link:
<https://bit.ly/drgbuddha-quotes>
or scan the QR code

Empowerment Workshops



Video Link:
<https://bit.ly/empowerment-guatemala>
or scan the QR code

All gifts are meant to be shared to Live Fully Alive in Mind, Body, and Spirit



Link to all empowerment videos:
<https://bit.ly/drgeorgej-media>
or scan the QR Code

The Creator Model of Healthcare through the 5 pillars of Wellness



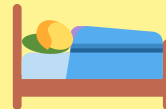
Mni Wiconi:
Water is Life



Food is medicine:
plant based nutrition



Exercise daily 30
minutes: Motion is a
Lotion



Sleep at least 7
hours nightly



Practice love and
forgiveness for self
and others



Link: <https://bit.ly/5pillars-of-wellness> or scan the QR Code



Avoid / Limit

- Avoid smoking, drugs, and alcohol.
- Limit coffee to 2 cups daily.
- Avoid soda, energy drinks, Gatorade, and sugary juices. They are toxic to our bodies. Replace with Water at 1/2 your weight in ounces daily.

Mindfulness Positive Affirmation

When we feel deep in our heart, we will know, love and serve the Great Spirit.

Oglala Sioux

Silence is the absolute poise or balance of mind, body, and spirit.

Ohiyesa

Our first teacher is our own heart.

Cheyenne

You already possess everything necessary to become great.

Crow

God is the greatest physician and prayer is the best medicine.

The answer to divisions, whether big or small, is Jesus. It's simple but true.

We were made for God and by God and our hearts are restless until they find rest in him.

The true meaning of fasting was "reverence for God expressed in love of neighbor."

Be willing to let go of everything except the hand of Jesus.

Love is patient, kind, protects, always perseveres... Love never fails.

Instead of telling God how big your problems are, tell your problems how big God is!

Quietness is the classroom where we hear the word of God.

If you learn self-control you can master anything.

I see a time of Seven Generations when all the colors of mankind will gather under the Sacred Tree of Life and the whole Earth will become one circle again.

Crazy Horse

Don't be afraid to cry. It will free your mind of sorrowful thoughts.

Hopi

It does not require many words to speak the truth.

Nez Perce

Red Road (Sacred Path): One with the Creator, ourselves, and others; drug and alcohol free.

God is a relationship; not a religion.

It is a compliment when we ask big things from God.

As Jesus is all and in all, we find common ground in the love of God.

Only Jesus Christ can change your heart.

God gives us rules to shape our hearts to be like him.

Keep calm, nothing lasts forever.

Do not look back, that is not where you are going.

Everyone should bear his own responsibility.
- Galatians 6:5

My religion is simple, my religion is kindness

Buddha

Overthinking leads to negative thinking, just let go.



Many blessings as we lead with Love!

For more wellness information and free downloadable handouts to live fully alive in mind, body and Spirit, visit drgeorgej.com and follow and like us on Facebook & Instagram [@drgeorgej](https://www.instagram.com/drgeorgej).