



# MINDFULNESS

## MY DEFINITION

George J. Ceremuga, II, DO | DrGeorgeJ, LLC | Ambassador for Christ

### GROWING THE DIVINE EXCHANGE:

- Finding Pure Peace in the presence of Jesus Christ moment by moment without judgement
- Draw near to God and he will draw near to you (James 4:8). Healthy living begins with healthy thinking. Be kind to yourself.
- Meet people where they are at. Love is the Law. Visualizing ourselves and each person as made in the image of GOD.
- Be humble, loving and forgiving.



### THE BATTLE WE ARE FACING:

- It is a constant battle for the mind: Good versus evil. The evil one is the master of disguise and discouragement.
- We all have our demons. Quietness is the classroom to hear the word of GOD. Allow the Holy Spirit to organize your day.
- Let your mind, body and spirit relax in God's presence. Know that you are worth of God's unfailing Love and Mercy.
- Picture yourself running into the compassionate arms of Jesus Christ. Know that Jesus is all and in all.

### BRAIN BREAK:

- Mental hygiene
- Mental discipline
- Brain Yoga

### MENTAL FLOSS:

*daily habit*—grows empathy, kindness, compassion, joy, love and forgiveness

### REWARDS:

- Opens our mind, body, and spirit to the fruits of the Holy Spirit: Peace and Joy.
- Grows brain neurons, helps us focus, increase productivity and performance.
- Fosters imitating the life of Jesus Christ—humility, love and forgiveness.
- Opens the flow of God's grace and mercy—healing of mind, body, and spirit.
- Unites all in Love for GOD is Love! Deepens our love for God and each other.

### MINDFULNESS PRACTICE

- Control the breath: allows us to calm the mind, relax the body and renew our spirit: Foundation for Healing.

**Breath in, Breath out (Smile, Breathe, Love).**

- Let Praise and Thankfulness rule in your heart: Focus on the Lord—centering your entire being.

**Thank you God for another day on earth and an open heart with the courage to do your will.**

**Suggestions to start:** 1-2 minutes daily and grow this mindfulness practice



### REPEAT POSITIVE AFFIRMATIONS:

- May I be happy, May I be humble, May I be peaceful, May I be loved. (Repeat with may you....then with may we...).
- Jesus, I trust you, Jesus I love you
- Our God is an awesome God...
- With God, all things are possible (Mathew 19:26)

When you find yourself thick in the battle:

*Jesus, please help me.*

The battle is now Jesus's and our role is to trust.