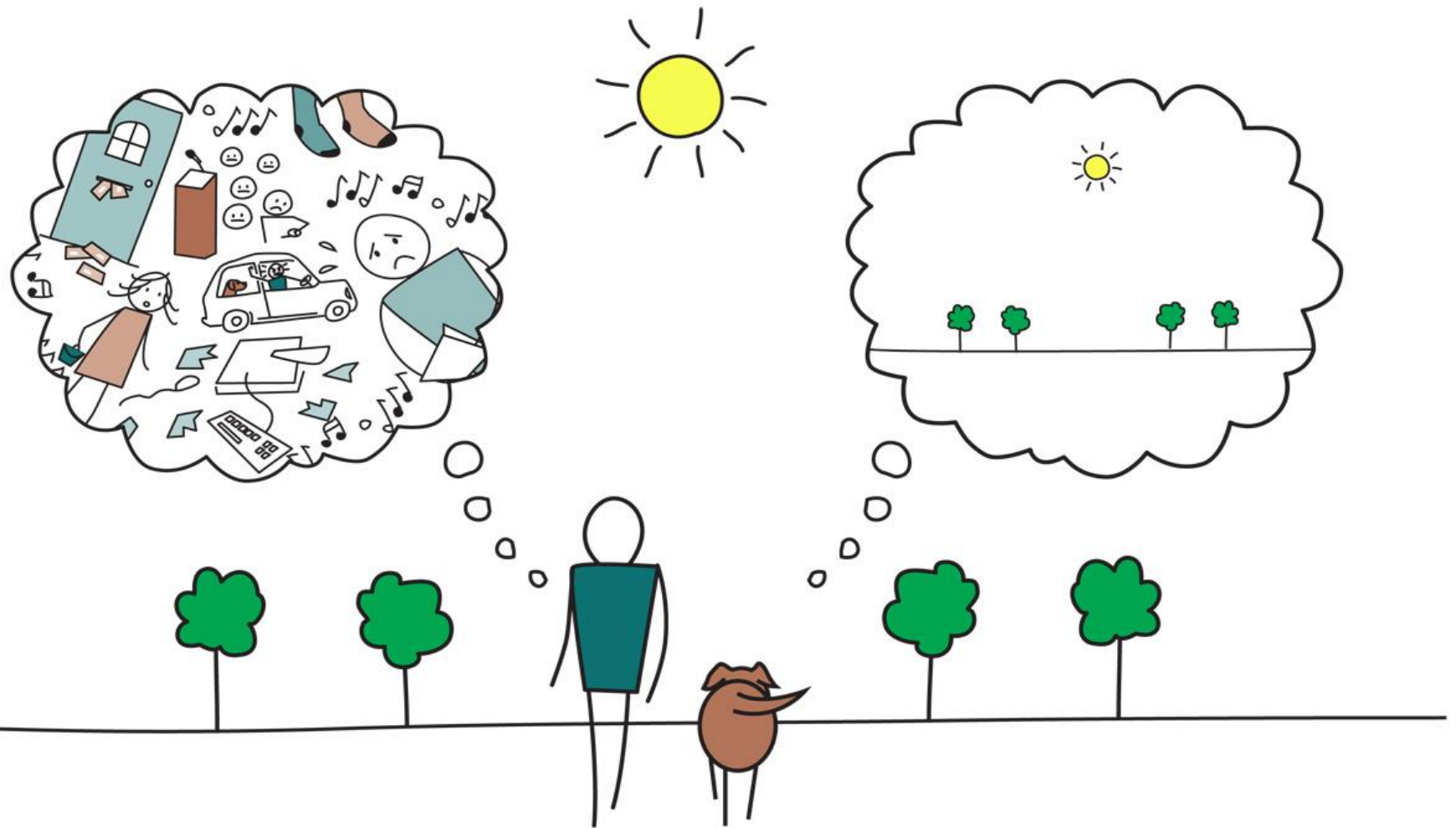# Being present in the moment with kindness and curiosity.

Mind Full, or Mindful?