



# Wakeful

LITTLE SOULS

Transforming the mundane into the magical by <sup>TM</sup>  
cultivating mindfulness.

**Lacey Burbage**

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*Hello beautiful  
souls!*

MY NAME IS LACEY. I'M THE MAMA BEHIND  
NATURALLY MODERN LIFE AND THE CREATOR OF THE  
WAKEFUL REVOLUTION.

THANKS SO MUCH FOR BEING HERE.

*Oh, just a sec...*

#### About Making:

When creating the activities and crafts for this guide I tried to use re-purposed, recycled, compostable, and earth-friendly materials. Many of these were already in my home or easily accessible for me. Please make substitutions where necessary based on what you have or what is available to you.

#### About Cooking:

These recipes were created with ingredients that I can easily find locally and package free. Most of the ingredients are in season for my region, but feel free to swap out for something that is in season and easily accessible to you. They are also made with gluten-free and dairy-free ingredients in mind. Please substitute or make additions where ever you like.

#### Glue Recipe:

1 cup starch (arrow root, tapioca, corn, or flour)  
4 cups hot water  
1 tablespoon vinegar  
2 table spoons salt

Bring water to a boil. Add sat, then whisk in starch. Boil for just a minute more and add vinegar. Let cool. Store in a jar. If it dries out, just reheat and add water.

The paint and mineral pigments that we use can be found at:  
[NaturalEarthPaint.com](http://NaturalEarthPaint.com)



## WHO KNEW THAT A SECONDHAND SILICONE MOLD WOULD INSPIRE SO MUCH?

One day as I was strolling through the cache at a nearby yard sale, I spotted it. A brown, slightly dusty but still in perfect condition silicon egg mold. It was marked for 50 cents... "I'll take it!", I exclaimed. My initial thought was to use it for baking, of course. After placing it on my closet shelf for temporary storage, 6 months later it reemerged. "Ah ha!", I thought to myself. "This will be perfect."

As Spring surfaces to drive out the last gloomy traces of winter, we can finally start to look forward to sunnier days. A beautiful thing about seasonal change is how differently each one is celebrated around the world. The dawning of Spring has been observed for centuries and traditions vary widely from one culture to the next. Observing the Earth's cycles can be a unique way of connecting with our planet and with each other.

We have a special connection with Mother Earth. We sense the subtle shift in light when Summer turns to Autumn. We notice the busy gatherers bustling to store food for Winter, and we too come back to life when Mother Nature wakes from her deep Winter sleep.

## IT'S SPRING!



Make



*“Creativity is nothing but a mind set free.”*

*–Torie T. Asai*



## Nature Journal

A nature journal is a place to grow your thoughts, feelings, ideas, observations, and experiences with nature. We love observing the plants and animals change with the seasons. Here's how to make an easy nature journal.

Supplies:

- Paper, double the size that you want your journal.
- Thick string
- Hole punch
- Binder clips \*optional
- Twig needle \*optional



Directions:

- Stack all sheets of paper on top of each other and secure with a few binder clips.
- Fold paper in half and use an object to help crease the paper. I usually run the handles of my scissors over the fold to make it nice and crisp.
- Open the paper and punch three holes directly on the fold.
- Thread thick string around a twig and use it to bind the papers.
- Starting in the middle from the inside of the book, thread up then down through the hole on either side. Be sure to leave a few inches on the end.
- Up through the middle again, and down through the opposite side.
- One last time out through the middle.
- Now, you will have one tail inside and the needle end outside. So, bring the needle end back through the middle but be sure to go under any string so that you don't undo your last thread.
- Tie both ends and trim.

## Nesting Supplies

Help busy mama birds build their nests by collecting any natural stringy materials. Shredded paper, decorative natural grass or moss, packing paper, scraps of yarn and string, etc. all make great nesting materials for our friends. If you have a seed block bird feeder handy, you can fill it and hang it from a tree.



If not, ball up your materials, gently tie them together and hang them from a tree. Check on them each day to see if any birds are taking them and see if you can find their nests.



## Mâché Eggs

The project that inspired this entire guide. After bringing home that silicon mold and forgetting about it for half the year, it dawned on me that it could be the answer to my problems. I had been trying to figure out an alternative to those plastic pop-open eggs.

Supplies:

- 3 cups of dryer lint or shredded paper
- 2 cups of water
- 2/3 cup of flour, corn starch, or arrow root powder
- 3 drops of oil



Combine lint or paper and water in a sauce pan and stir to mix well. Set over medium heat and stir in flour until lumps disappear. Once the mixture comes together, add oil and let cool. Once it's safe to handle, it can be spread over any egg shaped object (skip balloons, bad for the environment). Add a little more flour and it becomes more clay like. I found that a lemon was a pretty good egg shaped to mold around.

Let dry for a few days before painting. To create the surprise eggs, remove from silicone mold once dry. Trim with scissors until two halves fit. Fill with surprise and secure with a small bit of glue (p.1). Wrap ribbon over seam and secure with a dot of glue. Tie twine over ribbon for extra hold. Alternatively you can seal the egg with a little more mâché for cracking later and compost it when done. See note below.

\*If your lint is 100% natural fiber (or you used paper) then your egg is compostable when you are done. If your lint has synthetic fibers, then it can be used over and over again and will last many years.

## Bee, Bird, & Butterfly Bath



Provide a refreshing drink for our friends in flight with something as simple as a terracotta planter or a secondhand teacup. Add some bright flowers and sweet fruit to attract a whole winged community.

Bird feeders and baths make observing nature really easy. This can help you to add more observations to your nature journal.



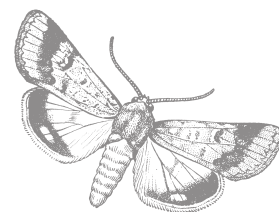


## Worm Bed

A vermicompost might sound daunting, but it's actually a very simple set up.

Supplies:

- Container with holes
- Burlap fabric (at coffee shops and garden stores)
- Peat moss (check garden shops)
- Dolomite lime (garden shops or online)
- Drip pans (old cooking pan)
- Worms (check locally with other composters to find for free)



We made our worm bed with a wooden crate and a layer of burlap to prevent any worms from wiggling through. It can also be done by drilling holes on the top and bottom of an old storage bin. Once your container is assembled, fill with moist peat moss. You may need to soak the peat moss in a separate container to moisten it. Then sprinkle in about a handful of dolomite lime and mix. This will help balance the ph for the worms. Next add your worms.

For the fastest composting, choose a mixture of red wigglers and European night crawlers. Give your friends a good drink of water. Cut out a small rectangle of cardboard to lay on top of the soil. After watering your bed a few times, the worm tea will drain out of the bottom. I put two old baking tins underneath and supported the worm bed with two bricks. Use whatever you have handy to catch the worm tea and use it to water your plants.

Feed your worms any veggie scraps and trimmings that you don't want to eat. They do not eat proteins like animal products, and it's best to leave citrus out. If you find that your worms are crawling out, put them back to bed by reducing the amount of acidic scraps (think coffee grounds) and add nitrogen rich material like paper. If you get mold, scoop it out and add more dry, less wet material. If problems persist, check the ph of the soil; best kept between 6 and 7.



## Hanging Propagator

These "macrame" hangers are easy to make, you've probably thought about it before. The beauty is that propagating a plant in water offers a unique chance to glimpse what happens below the surface.

Supplies:

- Rope, twine, or thick string.
- Jar, planter or bottle
- Plant that easily propagates in water like philodendron, grape ivy (*Cissus*), Swedish ivy (*Plectranthus australis*) and creeping fig (*Ficus pumila*)

Start with cutting 6 long strings, one and a half times the length you want your plant to hang down. Tie them evenly together at the top with a knot. This will be the bottom of your hanger so if you want a tassel on the bottom, you may want to leave a longer tail.



Secure the knotted end to a hook in the ceiling or safety pin it to your pants.

Tie two strands together an inch or two away from the top knot. Do the same with the remaining strands until you have three pairs, each knotted. Then, tie each strand to the one next to it. You will begin to see diamond shapes form with the tied strands.

After about two rows, place your bottle or jar inside so that you can measure how much more, and if you need to expand (move a few more inches down).

Tie a knot at the top being sure to check that your bottle sits level. Once you're finished, hang your propagator near a sunny window.



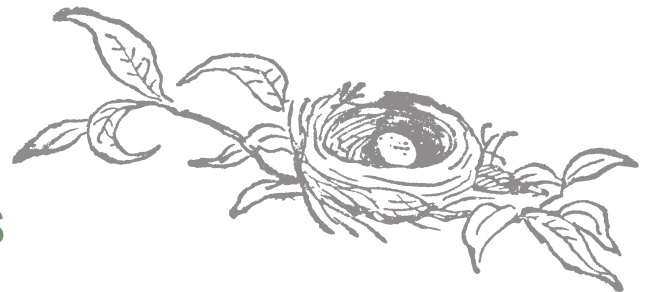
## Bug House

### Supplies:

- Old bamboo straws or roll paper into small tubes (we used an old bamboo wind chime that was too tangled to salvage.)
- String
- Can

### Directions:

- Cut out bottom of the can with a can opener so that it is open on both sides.
- Slide straws and/or paper tubes into the can until everything is snug. Try adding some nesting materials like shredded paper for plant fibers to attract insects.
- Wrap string around can a few times and hang outside.



## Chalk Eggs

### Supplies:

- Silicon egg mold (or any shape)
- Corn starch or arrow root powder
- Water
- Mineral pigments or food based colors like the ones on page >>>>
- Plaster of Paris \*optional

### Directions:

- Mix 2 parts starch to one part water.
- Add mineral pigment or food based colors until you have a nice rich hue.
- Adding Plaster of Paris will help your chalk to be less crumbly in the end, but it's not necessary.
- Pour into molds and allow to dry. It took ours a few days.



## Ladybug Terrarium



Butterflies get all the credit for transformation but many insects have a similar life cycle. Though a little less dramatic, ladybugs are magnificent creatures too. Try building a terrarium as a temporary home to observe these little wonders. After you've set them free, you can keep the terrarium alive for many years if you can create the proper environment.

Lady bug larvae can be found at garden shops or from [insectlore.com](http://insectlore.com). You can also find grown ladybugs outside and have them as house guests for a day or two.

### Supplies:

- Glass jug or aquarium - at least 1 gallon
- Old pantyhose (or similar material)
- Rubber band
- Organic top soil, worm casting or other "dirt" that does not have any chemicals.
- A pinch or two of carbon (or an activated charcoal capsule)
- Small hand full of sand or pea gravel
- Small plant (a propagated philodendron worked great)
- A few rocks, sticks and bits of bark (if collecting outside, give them a good soak and wash with just water to make sure they don't have any harmful chemicals)
- Ladybugs



### Directions:

- Mix soil, sand, and carbon together and add a 1 1/2 inch layer to the bottom of your jug or aquarium. Make sure that your soil is already moist but not wet.
- Add the plant. This will give your Ladies a place to transform. The philodendron didn't need much help. Just drop it in and it rooted and pulled it'self up. But if you have good chopstick skills, then you can plant it.
- Add the rest of your environment. Rocks, sticks, and bark.
- Add your ladybugs. Don't worry, the drop won't hurt them.
- Use a small section of pantyhose (I cut the foot portion off) to double wrap over the opening and secure with a rubber band.
- Watch your larvae transform into ladybugs in a few weeks, then observe them for a few days before setting them free outside.





## Celebrate the Wind Kite

Kites have been used for centuries throughout many cultures to celebrate Spring. This beautiful display of flight and fancy is super simple to make with supplies that you might already have.

### Supplies:

- A few sheets of tissue paper, newspaper, or other thin paper material.
- Two straight sticks, one longer so that they form a lowercase T. These can be found outside or use whatever you have... Like chopsticks.
- A lot of string
- Tape or glue \*recipe on p.1
- Ribbon as long as the circumference of the kite, or a little more.
- Kraft knife \*optional

### Directions

- Make your frame by crossing the two sticks and making a lowercase T. Tie or tape together.
- Tie string securely to one stick, then follow along tying the string to each stick. Until you have the basic diamond shape.
- It's helpful to use a craft knife to cut slits into the ends of the stick to hold the string.
- Make the bridle by tying string from one short stick, across to the other. I like to make this string a bit longer, so a few inches longer than your short sticks.
- Next, lay the frame on your paper and trim the paper so that there is no more than a 2 inch border around the frame.
- Fold the border over the string portion of the frame and tape or glue. Pulling everything tight and securely.
- Tie your ribbon to the bottom of your kite frame to create the tail.
- Attach your extremely long bundle of string to the center of the kite bridle.
- Wait for a windy day and take flight.



## Celebrate the Rain Candle



Celebrate the rain by collecting flowers when it's sunny outside, then pressing and saving the them for candle making on a rainy day.

### Supplies:

- A glass jar or other clear container
- Wax either new or salvaged from old candle scraps. \*Be mindful when mixing colors and scents.
- Candle wick
- Double boiler (can, water, pot)
- Pressed flowers
- Paintbrush



### Directions:

- Melt your wax on the stove over medium heat. If using new wax, place the wax chips directly into a tin can and place the tin can inside a pot with about 2 inches of water. If salvaging wax, then skip the can and place the candle./jars into the pot of water.
- Place one pressed flower, pretty side down, against the inside of the glass jar. Use the paintbrush the pick up wax and paint over the flower to seal it to the jar.
- Once you are happy with the look of your flowers, use the paintbrush to dab a little wax into the bottom center of the glass jar and secure the wick.
- Slowly and carefully pour wax into your jar but only 1/4 of the way. Wait 10 minutes before pouring 1/4 more. This will make sure that you don't lose flowers in the wax.
- Twist the top of the wick to around a pencil to hold it straight.
- Let the entire candle cool overnight.

## Celebrate the Earth Putty

### Supplies:

- 2 cups all purpose flour or ½ cup rice flour, ½ cup cornstarch/arrow root
- ½ cup salt.
- 2 tsp. cream of tartar.
- 1 Tbsp. olive oil.
- 1 cup warm water.
- Anything you want to add to your earth putty like natural food colors, essential oils, or herbs



### Directions:

- Combine dry ingredients into a medium-sized pot. Add olive oil and water and mix well.
- Heat pot over low heat, stirring mixture until a ball of dough forms.
- When the dough pulls away from the sides of the pot, remove from heat and let cool.
- Once the dough is cool, knead in food coloring, essential oils, and herbs.
- If the dough is too dry, add a little water and knead well. If it is too wet, add a little flour and knead well.

There are so many combination possibilities.

Our favorites for Spring:

Butterfly Pea flower + Lavender essential oil  
+ Dried lavender

Chamomile essential oil + Chamomile  
flowers

Beetroot powder + Geranium essential +  
Petals

Matcha powder + Lemongrass essential oil +  
fresh cut grass



Our Winter Earth Putty

*Cook*



*“Great cooking is about being inspired by the simple things around you— fresh markets, various spices. It doesn’t necessarily have to look fancy.”*

*– G. Garwin*



## Roasted Spring Vegetables

### Ingredients:

- Spring veggies like carrots, beets, radishes, fennel, and asparagus, etc.
- Olive oil
- Balsamic
- Salt & Pepper
- Honey \*optional can use vegan verity.

### Method:

- Trim tough ends of veggies and save for making stock or broth later. Remove the greens and set aside in a glass of water just like fresh flowers. Chop veggies to your desired size.
- Toss veggies in olive oil, salt & pepper until well coated.
- Drizzle with balsamic vinegar.
- Drizzle with honey if desired. I like to drizzle honey on the carrots with a sprinkle of grated ginger. Bake at 400 degrees F until fork tender. Between 15-25 minutes depending on the veggies you choose.

## Green Top Sauce

### Ingredients:

- 1 cup carrot, radish, or beet tops.
- 1 cup sweet greens like spinach or arugula
- Olive oil
- Clove of garlic
- Salt & Pepper
- 2 tbsp freshly-squeezed lemon juice (about 1/2 of a lemon)
- 1 tsp fresh lemon zest (about 1/2 of a lemon)
- 1/4 cup fresh mint leaves
- 4 green onions fresh green parts only
- 1/2 cup raw nuts
- 3 tbsp olive oil



### Method:

Pulse everything in a food processor. Store for up to two weeks in the fridge.



## Beetroot Humus

### Ingredients:

- 1 can or 15 oz chickpeas
- ½ tsp baking soda
- ¼ cup lemon juice
- 1 garlic clove, chopped
- ½ tsp salt
- ½ cup tahini or nut butter
- 2 to 4 tsp aquafaba (chickpea water)
- ½ tsp ground cumin
- 1 tsp olive oil
- 1 small beet, chopped



### Method:

Blend ingredients in a food processor or blender until smooth.

## Stinging Greens Spring Soup

### Ingredients:

- 4 cups spring greens like spinach, arugula, nettles, dandelion, radish, beet, carrot, turnip tops, etc.
- 1 large potato, chopped
- 1 large onion, diced
- 4 cups broth
- ½ cup coconut milk or cream
- Garlic clove
- Fresh radish to garnish
- Salt & pepper to taste



### Method:

- Saute onion and garlic with a little oil in a large pot.
- Add broth, and potatoes and cook until fork tender.
- Toss in greens to cook for about 10-15 minutes.
- Use an immersion blender to puree the soup. Or. let cool and transfer to a blender.
- Add coconut milk/cream and salt and pepper to taste.
- Serve hot with cold, fresh radishes on top.



## Simple Flatbread

### Ingredients:

- 1 1/2 - 2 cups starch (flour, rice flour, or tapioca)
- 1/2 cup milk or water
- 2 tbsp oil
- 1/2 tsp salt
- 3 tbsp nutritional yeast
- 1 tsp dried rosemary, divided
- Herbs

### Method:

- Add dry ingredients into a large mixing bowl.
- Create a well in the flour and pour wet ingredients into the bowl.
- Using your hands mix everything until a dough forms. It should stick together without cracking but not so sticky that it sticks to your hands. Add just water or flour as needed.
- Roll out on a floured surface, then transfer to a baking stone or cast iron.
- Bake at 450 degrees F until golden.

## Spring Flatbread Pizza

- Follow the flatbread recipe and bake bread for 5-7 minutes.
- Add a layer of green top sauce and roasted Spring vegetables.
- Bake for another 2-5 minutes.
- Sprinkle with fresh arugula for an easy and colorful seasonal pizza.





### Method A: On the Counter top

- Pour 14 oz of coconut (or any) cream and 14 oz of coconut milk into a quart sized jar. Heat the coconut cream slightly if needed to mix fully mix.
- Add at least 100 billion cultures of probiotics. I use 5 probiotic capsules, 25 billion cultures each.
- Stir well, cover with cloth and lid ring only. Set in a warm place. Works best at around 85 degrees.
- After 12 hours stir it and let it sit for another 12 hours.
- 5. Then stir again and let it sit for another 12 hours. Sometimes I let it sit another 12 hours especially if it's Winter and the house is cooler. I mostly gauge the taste.
- I add a little vanilla, honey and a little less than an 1/8 of a teaspoon of gar gum or agar so it gets extra, extra thick and blend in a blender before putting it in the fridge.
- After it's cultured, put it in the fridge for a minimum of 4 hours to thicken, better if overnight.

## Yogurt

### Ingredients:

- Any dairy-free milk
- Agar or gar gum
- Dairy-free cream like coconut or cashew cream
- Yogurt starter (or make your own with method A)

### Method B: In the Pressure Cooker

- Add 3 cans (43 oz) of coconut cream in the instant pot and use the simmer setting to melt.
- Add 3 cans of coconut milk and stir.
- Remove 1 cup of liquid from instant pot and add to a bowl. Whisk in 1/2 cup of yogurt culture (any unflavored yogurt) until well blended. Add back into the instant pot.
- If you have the yogurt feature close the lid, set yogurt and test the flavor after the instant pot is done. You may need to do the yogurt feature twice before you get the correct flavor.
- After it's cultured, follow steps 6 and 7 from above.

### No yogurt button? No problem:

- After you've added your yogurt culture, use the simmer function and a thermometer to bring the temperature up to 100 degrees (no higher than 110 or it will kill the cultures).
- Then, turn it off, close the lid and let it sit for 12 hours. You can wrap the instant pot in thick towels to hold the heat and help the culture.
- Follow steps 4-7 from the counter top recipe. Each time you open the instant pot to stir or test the yogurt, check the temperature and use the simmer function to keep it between 80-100 degrees.



## Carrot Cake

### Ingredients:

- 1 1/2 cup oat flour (or wheat)
- 1 tsp baking soda
- 1/2 tsp salt
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 tsp ginger
- 3/4 cup grated carrots (we use juice pulp)
- 1/4 cup raisins
- 1/4 cup chopped walnuts
- 1/2 cup melted coconut oil
- 1/3 cup honey or maple syrup
- 1 tsp vanilla
- 1 egg or flax egg
- 1 cup applesauce (we use juice pulp here too)

### Method:

- Preheat oven to 350 and line a muffin pan with liners or grease well.
- Mix the dry ingredients until well combined. Mix in the carrots, raisins, and nuts into the dry ingredients to coat with flour (this prevents the goodies from sinking to the bottom of the muffin.)
- Mix together the oil, vanilla, egg, honey and applesauce and add to dry ingredients. Mix until just combined--the batter will be thick!
- Scoop with an ice cream scoop into the muffin tin. Bake for 20-25 minutes.
- Whisk equal parts coconut yogurt and powdered sugar for a vegan cream cheese frosting.



## Rainbow Magic Milk

### Ingredients:

- Milk of your choice
- Natural food colors

### Method:

- Red: Strawberries + beetroot powder + date + vanilla
- Orange: carrots + cinnamon + ginger + date
- Yellow: turmeric or saffron + cardamom + black pepper
- Green: Matcha + vanilla
- Blue: Butterfly peas flower + date
- Violet: Butterfly pea flower + a squeeze of lemon juice + date



Blend everything together in a blender.



## Spring Bowl

Fire up the oven to 350 degrees F. While roasting your Spring veggies, start a pot of rice. Meanwhile, whip up a quick batch of beetroot humus.

Combine rice, roasted veggies, humus, olives, cucumbers, and tomatoes in a bowl. Top with fresh radish, vegan parm, and a squeeze of lemon juice.

## Magic Flower Pudding

### Ingredients:

- 3 cups milk
- 13 dates
- 1/2 cup cashews, soaked
- 3 Tbsp. cocoa powder
- 2 tsp. vanilla
- 1½ tsp. salt
- 1 tsp. cinnamon
- ½ cup chia seeds
- Edible flowers such as pansies, roses, chamomile, etc.
- A few pumpkin seeds, raisins, or jelly beans



### Method:

- Blend all ingredients together except for chia seeds and flowers.
- Mix in chia seeds by hand.
- Store in a refrigerator at least 4 hours or overnight.

On a special night, before a special day, we plant seeds in our pudding. When we wake up the next morning, we find that magically flowers blossomed overnight. Sometimes we find vegan gummy worms too.





## Spring Green Pie

### Ingredients:

#### For the crust

Makes top and bottom

- 2 cups almond flour
- 1/2 cup oat flour (rice or all-purpose flour works)
- 1 teaspoon salt
- 1 cup cold coconut oil, cut into small pieces
- 2-4 tablespoons ice water

#### For the filling

- 4-5 handfuls of Spring greens (I used arugula, spinach, and nettle)
- 1 cup of tofu, crumbled (or feta cheese)
- 2 tbsp nutritional yeast
- 1/4 tsp ground black pepper
- 1/2 tsp salt
- 2 tbsp lemon juice
- 1/2 cup of milk
- 4 cloves garlic, minced
- 1 tbsp fresh dill, chopped
- 4 large Egg, beaten. Or 1/2 cup chickpea flour and a splash of water

### Method:

- Pulse flour, salt, and sugar in a food processor (or by hand in a bowl). Add coconut oil and pulse (or use your fingertips) until mixture resembles coarse meal. Drizzle 2 tablespoons water over mixture. Pulse until mixture just begins to hold together.
- Gather dough into a ball, wrap in wax wrap, and chill for 30 minutes.

### Then...

- Wilt greens in oil over medium heat.
- Roll out half of the crust on a lightly floured surface until 1/4 inch thick.
- Transfer to a greased pie dish, prick the bottom a few times and flash bake for 15 minutes at 350 degrees F. Careful not to let it brown.
- Meanwhile, stir together all the filling ingredients, adding the eggs (or chickpea flour) last.
- Pour mixture into pie crust and roll out the top portion.
- Place over top using a fork to crimp edges.
- Cut slits in the top of pie crust to vent.
- Optional. Brush top of crust with olive oil or egg wash (cold water and egg).
- Bake at 350 degrees F for 45-60 minutes. Until golden brown and a fork inserted in the middle comes out clean.

# Gather



*"This is the power of gathering: it inspires us - delightfully, to be more hopeful, more joyful, more thoughtful: in a word, more alive."*

*- Alice Waters*



Wakeful Little Souls | Lacey Burbage

# Wakeful

## LITTLE SOULS

The days are growing warmer and the sun is waiting longer to set. However you choose to honor the Earth's cycles, my hope is to inspire you to live in sync with the seasons, enhance traditions, cultivate community, and celebrate life.

The beauty in everyday is that it doesn't last forever. Appreciating the moments that nourish our souls and creating meaningful connections is key to holistic mindfulness.

Appreciating the present moment is as simple as using your senses and noticing the sensations and experiences around you.

Albert Einstein said it so beautifully with these words: "A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty."

