

Mindfulness Monday Message #55 – 12 June 2017

It's a lovely, rainy long weekend here in NSW. An extra day off often provides the opportunity to do things differently. One of the spin-offs of a regular Mindfulness Practice is that it gives the opportunity every day of doing things differently.

One of the “different” things coming out of mindfulness is known as Slow Food. This international movement aims to preserve local produce and cuisine. It celebrates the animals, plants and farming practices that resist commercial food production and the fast food industry.

The Slow Food movement invites you to think about the choices you make as a consumer. Moreover, it invites you to savour the actual preparation of meals and to share them with people you love.

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