



# 2002 Gandhi-King Season for Nonviolence

Day 36 - Wednesday March 6, 2002

Thought for the day

## Mindfulness

If we just act in each moment, with composure and mindfulness, each minute of our life is a work of art.

Be aware of the motivation behind your action, the intention behind your words and the needs and experiences of other people. By doing so, you are making life more beautiful for others.

