



Head to Heart: Mindfulness Moments for Every Day

Jenifer Madson

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"Jenifer Madson captures the heart of the simple. I loved it. All of it. You will, too." —**Karen Casey, PhD**, author of *The Good Stuff from Growing Up in a Dysfunctional Family*

Head to Heart gently guides us to cultivate (and sustain) those moments of clarity—the awakenings of everyday life—and to embrace and grow from them all, no matter how joyful or painful.

"Awakening...think of it as something we need to do every day; it is a process, a gradual awareness and growing insight," Madson writes. Practice awakening to:

- generate more compassion or love,
- create an unshakable sense of well-being,
- better understand your mind and surroundings,
- find answers to specific challenges,
- or all of the above.

Practice can happen anywhere, any time: on the mat or on the move, sitting or walking, in silence or conversation, alone or with a group; in short, whenever you are consciously pointing your mind toward greater clarity and service while connecting with the Spirit, you are meditating and preparing to awaken.

Head to Heart times 365. Each brief meditation opens to the promise of peace, joy, and purpose.

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