



LMN – Live Mindfully Now!

Living Minutes Academy

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LivingMinutes.com

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Life Life Now... Live Mindfully Now!

- ▶ Our motto is “Life Mindfully Now!”, and it’s a great one!
- ▶ To help you remember the three most powerful weapons available in your armory to combat passive living, “**L**ive **M**indfully **N**ow” is also a pneumatic.
 - ▶ LMN – Living Minutes, Mindful Moments, Nurturing Meditations



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First steps...

- ▶ Do your Minutes every day
 - ▶ Your goal is to spend at least 20 minutes a day doing Living Minutes (spread over the course of the day, not all at once)
- ▶ Do your Moments every week
 - ▶ Do at least three Mindful Moments each week, though one or more a day is best
 - ▶ Create more Moments as you feel the need to
- ▶ You need to meditate
 - ▶ Either solo meditations or nurturing meditations
 - ▶ Twenty minutes a day is the ultimate goal, but build up to it
 - ▶ Start meditating by the Minute with the Living Minutes, then upgrade to a weekly Mindful Moment, eventually getting in the habit of doing it each day
 - ▶ Also consider a Morning Jumpstart (tomorrow)

The Living Minutes Affirmations

THE LIVING MINUTES SELF-AFFIRMATIONS

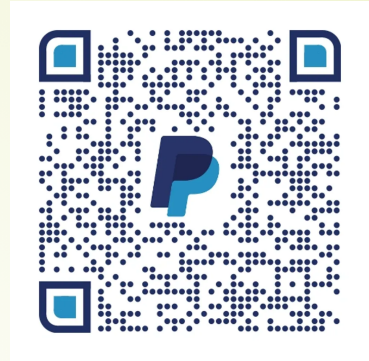
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- 1 - I am happy and healthy.*
- 2 - I am present and aware.*
- 3 - I am kind, patient, and compassionate with myself and others.*
- 4 - I am strong and confident.*
- 5 - I value and trust myself.*
- 6 - I accept without judgement.*
- 7 - I embrace Creation in its wondrous glory.*
- 8 - I share joy and gratitude with the world.*
- 9 - I live mindfully now.*

- Self-affirmations are a great way to LMN!
- Using mala beads, repeat these affirmations twelve times as a Nurturing Meditation.

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Help me help others



- Please consider pausing the video and making a donation
- I offer all of these resources on a donation-only basis, including for free if someone can't afford a donation.
- I have spent thousands of hours studying mindfulness and preparing all of this content
- I have paid a lot of my own money to attend courses and workshops, purchase books and equipment, maintain a website, publish books/guidebooks, and advertise these services
 - Contrary to popular belief, many college instructors do not make much money at all and student loan payments are often considerable
- To continue spreading the word and developing more courses, I need your help. Any amount is greatly appreciated. Thank you!



Your Mission

► *Plan your LMN program*

- You've been doing your Minutes for a while now – do you want to add/modify/take out any of them? Remember to keep roughly 1/3 from each category – Mind, Body, Living Self
- You've started developing your Mindful Moments – it's time to settle on the ones you'll focus on and schedule them into your week. These are non-negotiable times, just like work, so make sure you can do them as scheduled.
- Develop a meditation schedule to get you up to 20 minutes a day of Nurturing Meditations