



October 3, 2021

Happy Week of October 3rd Everyone,

We are so excited about bringing our Weekly Message back. It has been a few months, and we apologize. We have been working on bringing mindFULLme to people all across our nation, and that has been taking our time. We are back on our normal schedule and cannot wait to share what we have learned and the next evolution of mindFULLme.

Today, we held a masterclass on mindfulness. We were so gratified to have attendees from not only the United States but parts of Europe, as well. The message is so important, and we want to bring tools to everyone. Our goal is to bring all that mindfulness has to offer to everyone on the planet.

Our Gateway to Mindfulness is posted on our YouTube channel as well as our website. If you were not able to join the livecast, please watch the recording at your leisure. We brought seven tips for changing your relationship with life's circumstances. These tips are really easy and do not take too much time from your day.

We introduced FitnessMe, today. Mindfulness is the core of everything we do and being fit and eating healthy goes a long way. We will bring you personalized workout and nutritional plans. More to come in the very near future. The introduction of FitnessMe brings a change to our podcast series. We still have three series. Jon and Fernando will bring you all the latest regarding working out and being healthy. Mindwatch continues with Dan and Thomas bringing you in depth discussions on nutrition and mindful topics. Alexa heads our third podcast to bring you enticing mindfulness chats. We also look forward to new meditations on Monday and expanding our School and Elder Tools.

You can find all our material on Radio.com, Apple Podcast, Google Play, Spotify, YouTube, and wherever you get your podcasts. We invite you to email us suggestions on our website, mindFULLme.org, for podcast and meditation topics. Please do not forget to like and subscribe!

Thank you to all who have liked, subscribed, and followed us. MindFULLme.org is ever-growing and expanding. Please continue to Heal with Us and Empty Your Glass.

The mindFULL me Board