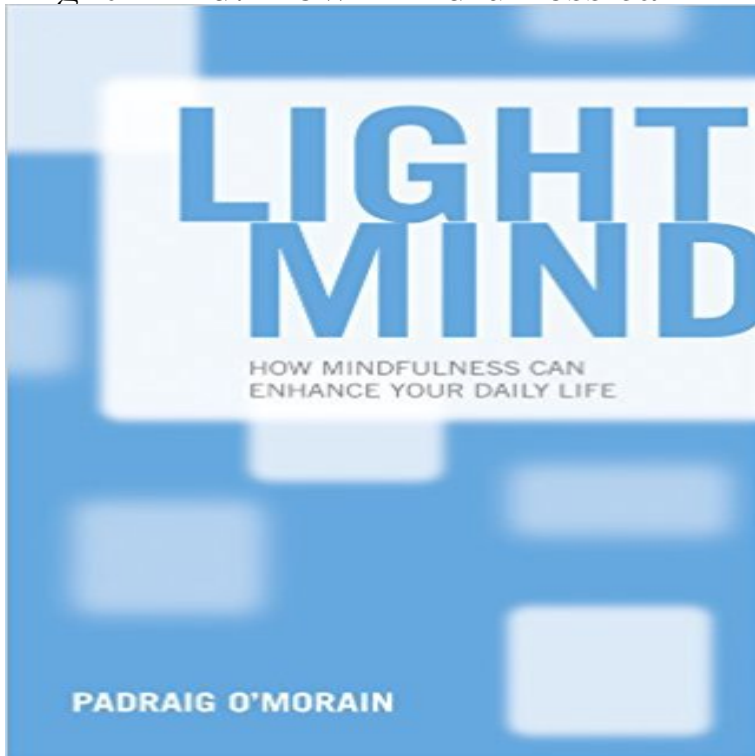


## Light Mind: How Mindfulness can Enhance your Daily Life



Mindfulness involves deliberate awareness of the flow of our present moment experiences. In this book, counsellor and writer Padraig O'Morain provides exercises that will help you practise mindfulness immediately and explains how mindfulness can deepen many areas of your life, including your relationships. If you have never practised mindfulness, this book will show you how to start. If you already practise mindfulness, this book will deepen and broaden your approach. Light Mind includes a guide for the use of mindfulness in counselling, drawing on O'Morain's mindfulness workshops for counsellors. It also includes a chapter on mindfulness in sports, an area in which the value of mindfulness has been recognised for some decades, especially in tennis and golf.

Call My Journey...LifeSports, movies, family, kids, marriage, health, lifeWednesday, November 28, 2012Quick updateThe last time I posted a lot has changed. So for a quick update, my husband got a new job. As soon as we got an offer on our house we accepted we accepted it. We found a house to live in and put an offer on the table and after a little negotiation we came to an acceptable and agreeable offer. After a very painful moving process, which lasted 33 days after the original closing date we finally closed. I quit my part time teaching job. Now I get to stay at home with Roarie and substitute teach every now and then. Posted by Mrs. Stacie Christner at 8:13 AM Reactions: 75 comments: Friday, April 27, 2012Education CutsOne of the most important things in life is to have a good education. Teaching is the only occupation that shapes our country. We teachers touch every life from the farmer to the lawyer, to the CEO of some big company. Granted you may not use everything that learn in the classroom but the structure, respect, responsibility, social skills and time management are life skills that are used everyday. The frustrating thing about being a teacher is the lack of money put into education. I am not complaining about how much money I make because teachers do not go into teaching. What I am complaining about is teachers getting cut, class sizes are getting bigger, and yet we still get the same pay. The schools who have the money have the money get the technology and the good test scores. The better the test scores the more money you get. So if you a poor school you don't get the technology and yet you don't get any money for the low test scores. So the rich get richer and the poor get poor. Needless to say, I have gotten word from the school superintendent that my special education position is being cut. I am still going to have a teaching job being a part time American History teacher. Which I am glad that I am getting into the general education setting and that I get to be a part time stay-at-home mom but at the same time I wish I had a full time, paying job. Posted by Mrs. Stacie Christner at 7:39 PM Reactions: 24 comments: Sunday, April 15, 2012Manners Meal Every year, the Colfax-Mingo Middle School does what they call manners meal. Grades six through eight take a field trip to a designed location and practice using good dining manners. So on Friday, April 13, 2012, we went some where local, the Colfax Historical Building for our dining. Before we go to on our trip the staff reviews what it is to have good manners. There are so many manners to cover and sometime we just assume that it will happen but it doesn't. Here are a few manners that we covered: Appearance- The students were to Shower, which as middle school students it is a challenge for some, and use soapFix hair up niceWear dress clothes- dresses, dress pants, dress shirtWear minimal make-upWear minimal perfume or cologneTable Setting-Silverware start on the outside and work your way in and the fork at the top of plate is the desert forkThe drink is off to your leftWaiting for others-Wait for everyone to arrive to your table before seating

yourself Wait for everyone to get their food before you begin eating  
Table Talk-Speak softly to the people at your table  
Do not interrupt  
Do not talk about bodily functions (farts, pooping, etc.)  
Say "Please", "Thank you.", "You're welcome.", "Pardon me"  
Some things we took for granted and expected the students to know were:  
Keep elbows off the table  
Keep elbows as close to your sides as possible when eating  
Keep hands to your self (which is hard to do for middle school students)  
Listen to speaker (which is hard to do in the classroom too)  
Pass dinner rolls and salad dressing all around the table  
Posted by Mrs. Stacie Christner at 4:57 PM  
Reactions: 18 comments: Labels: education, Teacher Advice  
Monday, April 9, 2012  
Roarie Meets her Cousins  
Roarie is 7 weeks old and finally got to meet half of her cousins yesterday at Easter. 18 comments: Labels: personal  
Older Posts Home  
Subscribe to: Posts (Atom) About Me  
Mrs. Stacie Christner  
I am a second year Special Education teacher at Colfax-Mingo Middle school. I got married in July of 2010 to the love of my life. We have a morkie dog (maltese/yokie mix), Laila. I do a lot of online shopping and would like to tell you about great deals that I find.  
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Blog Review (20)  
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make money (3)  
movies (3)  
news (8)  
personal (323)  
pets (1)  
Product Review (3)  
Review Game (3)  
Revolutionary War (14)  
Roarie cuddling with mommy. (1)  
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