

A serene sunset scene over a body of water. The sky is filled with dramatic, golden-orange clouds, with the sun low on the horizon. In the foreground, a seagull stands on a rock in the water. In the middle ground, a person is silhouetted against the bright sky, standing on a large rock. The water reflects the warm colors of the sunset. The overall mood is peaceful and contemplative.

# 2-1) The Ten Commandments

## Mindful Wisdom

## Gratitude

## 2-1-1) The Ten Commandments of Gratitude

### Source; Daringly Mindful Programs

1. Be kind to yourself; take a moment each day to reflect on how deserving you are.
2. Laugh out loud every day; it is contagious and feels amazing.
3. Don't take yourself so serious; nothing in life is that important.
4. Be kind to everyone; even if they don't reciprocate; they just don't get it yet.
5. Pay a compliment to each person you meet; they will feel great, and may pay it forward.
6. Send one thank you note a week; there are many deserving people.
7. Don't be taken for granted; you deserve the same kindness that you deliver.
8. Be yourself and shine; don't allow other people's expectations to diminish your light.
9. Be creative; it is therapeutic and fulfilling.
10. Follow your intuition; it is always right.

# 2-1-2) The Ten Commandments of Mindfulness of Gratitude

Source; David Yoo

- 1) Always have the mindfulness of gratitude for your freedom.
- 2) Always have the mindfulness of gratitude for your peace of mind (涅槃).
- 3) Always have the mindfulness of gratitude for your joy of eating (地).
- 4) Always have the mindfulness of gratitude for your joy of drinking (水).
- 5) Always have the mindfulness of gratitude for your joy of exercising (火).
- 6) Always have the mindfulness of gratitude for your joy of breathing (風).
- 7) Always have the mindfulness of gratitude for your joy of positive feeling (受).
- 8) Always have the mindfulness of gratitude for your joy of positive thinking (想).
- 9) Always have the mindfulness of gratitude for your joy of positive doing (行).
- 10) Always have the mindfulness of gratitude for your joy of positive consciousness (識).

# The Ten Commandments

The End

