

April,15,2020

OBSERVATION IS GOEQUAL TO MINDFULNESS



Dear Parents

**'Observation' is not only great skill but is Mindfulness, where the brain act as one unit. It improves concentration skills and sensory abilities. This key skill can help your child to succeed in his personal and professional life. Let your children develop it by Paying Attention to what they See, Hear, Eat or Touch
Read my observation experience and lessons it taught me for the life**

A few days back I observed remarkable workmanship taking place in my house. It was a tiny Sunbird busy building its dream house in one of the corners. Observing it was a pleasure as it taught me great lessons...

Every morning its melodious chirp was like gratitude to god, I felt it saying “I don’t sow or reap but you never let me have empty stomach sleep”. So I learned, begin your day by paying your gratitude to Almighty.

Dawn to dusk it was busy knitting wonderful pieces of an architect, which taught me patience.

It used all available resources- twigs, threads, shed off feathers or fallen leaves, which taught me, don’t waste, put all the resources to optimum use.

Without knowing Science and math, it used its intuitive instincts to create a masterpiece that was perfect in shape, size, balance, and strength. I learned, Instead of the sense of thinking to use a sense of feeling to create yourself.

Its constant untiring efforts to get desired results taught me Life is a constant challenge but it is worth accepting.

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