



*Nián: Mindful, Mindfulness*

The Images -

Upper      今 *Jīn* - Being, Present

Lower -    心 *Xīn* - Heart, Mind

Interpretation -

We are Mindful when we are present with our Heart.

The character 今 *Jīn* - can be translated as “being present”. Not in the past, not in the future, but rather in the Now. In Chinese the character 心 *Xīn* signifies *both* Heart and Mind. Simply and deeply put, we are Mindful when the emotional and mental aspects of our Heart are present in this moment. One practices Mindfulness by being present, by consciously feeling and following the movements of breath and pulse, the movements of Qi and Blood.