

Go Be Happy !

Welcome to our Happy Science News!

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Take a mindful moment ...

Observe the landscape.

What colors do you see?

What shapes emerge?

When you look a little longer, what else do you see?

Now imagine how it would feel to be in this place.

What would it smell like?

What would the temperature be?

How big is what you see?

How far away is it?

Take one last deep breath and finish your mindful minute having been fully present in observing this landscape.

Was it great, right? to spend some time with yourself!

Go Be Happy Team

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