



# **Purple Round M:**

A Haiku Guide to  
Real-World Mindfulness™

**By Maya Frost**

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## *About Maya*

### **Clarity. Comfort. Comic Relief.**

Maya Frost has taught thousands of people how to pay attention. Through her company, **Real-World Mindfulness Training™**, she offers playful, powerful, eyes-wide-open alternatives to meditation.

Trained in mediation and conflict resolution, with a degree in psychology and Asian studies, certification in mind-body fitness, 20 years of teaching, a passion for the latest neuroscience research, and a 30-year meditation practice, she has **a robust enthusiasm for tickling out new approaches to confounding challenges.**

Maya teaches how to incorporate mindfulness into your everyday life in such a way that it becomes absolutely unavoidable—and **downright FUN.**

To learn more about Maya's lighthearted but life-changing approach to mindfulness, visit <http://www.Real-WorldMindfulness.com>

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Maya, Christmas Eve, 2004  
Platanitos, Mexico

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## *Author's Note*

Thank you so much for your interest in this lighthearted approach to mindfulness!

We don't have to be serious in order to learn. That's why I wanted to have a little fun with this ebook.

My intention is to show that playing—with words, or anything else—is powerful.

Enjoy!

Warmly,

*Maya*

Maya Frost  
“The Mind Masseur”  
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## ***Foreword***

It all started in  
Platanitos, Mexico:  
I picked up a pen.

Shady palapa,  
cold Pacificos nearby,  
happy word-scribbling.

Despite distractions,  
five hundred haiku written  
in three afternoons.

Why haiku, you ask.  
Why not? Simple, spare, easy  
to read and digest.

It felt like playing  
with words, not worried at all  
about special rules.

And that's just the same  
playfulness and wonder that  
makes mindfulness fun.

**No need to print this.**  
Read through it leisurely now,  
words like gentle waves.

Then pick a random  
page—a number from thin air.  
Print just that one page.

It will be the one  
that's perfect for you right now.  
(It's more fun this way.)

---

## **A Special Message**

A special message  
for our meditating friends:  
please don't take offense.

We have the same goal:  
follow a path to find more  
peace and perspective.

Many people try  
to meditate; most of them  
give up. It's too hard.

Good news: we know how  
to make mindfulness a lot  
more user-friendly.

Mindfulness teachers  
everywhere: release your  
attachment to style.

So many good paths.  
Can't we all just get along?  
Big mindful group hug.

You are the oldest;  
successful, admired, you  
Always Do Things Right.

We are the youngest;  
class clown, happy-go-lucky  
yet eager to please.

It is good to take  
mindfulness seriously—  
it warrants respect.

But—yikes!—if we take  
ourselves too seriously?  
Smells like arrogance.

We just can't help it;  
joking and giggling in church,  
even as adults.

You may think we are  
incorrigible. For that,  
we smile, gratefully.

Humans are funny.  
Mindfulness helps us see this  
cosmic comedy.

We are not ready  
for any texts or dogma.  
Maybe tomorrow.

The Buddha sat for  
a very long time under  
that big bodhi tree.

Shady and peaceful,  
a perfect location for  
knowledge-gathering.

Not a bad way to  
gain clarity. But what if  
he'd gone kayaking?

Or spent months wrist-deep  
in clay, spinning pot after  
pot? Blissful sculptor.

Or hoed his way to  
nirvana, ankle-deep in  
organic wisdom?

Or fingered soft yarn,  
knitting and purling, deep in  
wool concentration?

A gastronomic  
guru, slicing neatly through  
fresh-picked ignorance.

Wouldn't we feel dumb  
if he showed up and asked us,  
"Why are you sitting?"

Let's go snowboarding!"  
What if he sat for lack of  
a better option?

Maybe the Buddha  
would prefer big-wave surfing.  
Dude! Gnarly gnostic.

Maybe he would try  
mountain climbing or cycling.  
Clear mind, buns of steel.

Everything changes.  
Most of us will not see a  
single bodhi tree.

Will a Douglas fir  
or stately spruce or maple  
hasten our wisdom?

Maybe it was all  
about being in nature  
wherever we are.

We will never know  
for sure, but let's be a bit  
open, creative.

Fun is the perfect  
motivator in all things.  
This is our mantra.

Using the back door,  
we may find our way to your  
table: welcome us!

Good-naturedly, we  
watch what we're doing with just  
the tiniest smirk.

The mindfulness road  
we're choosing is colorful,  
tasty, humorous.

With greatest respect,  
we salute your commitment  
and honor your path.

If you need a break  
from your cushions, come play  
with us. We won't tell.

---

## Why This Mindfulness?

Mindfulness is just  
paying attention. It is  
not rocket science.

Just think of it as  
wireless meditation:  
no need for cushions.

Or candles, incense,  
or chanting—you can skip the  
pretzel positions.

A drive-thru retreat.  
You can do this anytime;  
whenever minutes.

Must you meditate?  
This ancient method is worth  
exploring. But wait!

You can be mindful  
almost any time, any place.  
Start with a moment.

Run a marathon  
your first time jogging? No way.  
You start with a step.

Mindfulness starts here  
in the Real World, right now.  
No props, no planning.

Plenty of options,  
and here is the best part: you  
can do it your way.

Just like exercise,  
a little here, little there  
truly works wonders.

Yes, you can push hard—  
blisters, splints, barf, surgery.  
Cross that finish line.

Or you can choose to  
run just for fun and fitness—  
no medals, ever.

And here is Plan C:  
Walk. Dance. Skip. Hike. Keep moving  
intentionally.

We like this Plan C.  
There is room to play. Goof off,  
get fit and healthy.

What—this doesn't sound  
serious enough for you?  
Go forth, find a monk.

This is mindfulness  
for people who get pissed off  
occasionally.

For those who pay bills,  
drive, work, fix dinner, clean house,  
and raise their own kids.

It's for those who have  
maybe ten minutes a day  
for "enlightenment."

With no patience for  
esoteric language or  
blocked circulation.

Human nature truth:  
We want to have a good time  
with self-improvement.

Not everyone,  
sure, but most people like you:  
Real-World people.

You can calm your mind  
with meditation, it's true;  
silent, still, serene.

Or you can try this  
Real-World Mindfulness;  
it is way more fun.

You can still be you;  
watch reality TV,  
go bungee-jumping.

You don't have to change  
your whole personality.  
You can be a geek.

A football player,  
say, or a *fashionista*;  
still you—but better.

Awake. Aware. And  
ready to rock and roll all  
night—if you want to.

Mindfulness makes you  
kinder, but your jokes are still  
wickedly funny.

Mindfulness makes you  
less depressed. Kernel of truth:  
you are not your thoughts.

Mindfulness makes you  
less anxious; a virtual  
fetal position.

Mindfulness makes you  
calm, but you can still dance  
like you're on fire.

Mindfulness makes you  
richer; you will pay your bills  
on time—no late fees.

Mindfulness makes you  
smarter; you can see clearly.  
Reduced cluelessness.

Mindfulness makes you  
healthier; better habits,  
lower blood pressure.

Mindfulness makes you  
incredibly sexy; you  
are always Right There.

Paying Attention.  
And isn't that what we all  
want in a lover?

Mindfulness makes you  
beautiful, too; secret  
wrinkle reducer.

Mindfulness is an  
easy sell; after all, who  
wants to be mindless?

Mindfulness makes you  
a patient parent; fewer  
meltdowns all around.

Mindfulness makes you  
more generous; giving gifts  
anonymously.

Mindfulness makes you  
a conscientious worker.  
Employee awards.

Mindfulness makes you  
a savvy manager; more  
strategic. Bonus!

Mindfulness makes you  
a better listener; Did  
you hear what I said?

What are you doing?  
Where are you going right now?  
What are you learning?

Is your current plan  
working out just fine for you?  
Congratulations!

Or maybe you are  
afraid, unconvinced, or just  
lying through your teeth.

Well, that is just fine.  
Whatever floats your boat, right?  
Do what you want. Peace.

You can always try  
this mindfulness thing later;  
it's never too late.

Now, for those of you  
who are ready to jump in:  
High fives all around!

Mindfulness makes you  
happier. Just think of it:  
Joy Without Prozac.

More joy, more humor,  
more kindness and compassion.  
Who couldn't use that?

And the good news is  
that it's easy—just hard to  
remember to do.

That is okay, though.  
I have a plan to help you  
get going right now.

You don't have to wait  
for a quiet afternoon  
or peaceful evening.

You don't need to go  
on a retreat or attend  
another workshop.

No need to get up  
early—don't think of it as  
a to-do item.

Instead, let's make this  
seamless, constant, even fun.  
Inextricable.

The trick is to stop  
excuses before they start;  
keep it quick and light.

Who says mindfulness  
has to be slow, serious?  
Happy gurus rock.

The Dalai Lama  
reminds us that this is so much  
better if it's fun.

He meditates, true,  
but he laughs, travels and hangs  
out with Richard Gere.

And this, despite huge  
reasons to be full of rage!  
Perfect role model.

You get the feeling  
that he sleeps with a big smile  
on his holy face.

Isn't that what you  
want, too? To be calm, at peace  
despite your troubles?

Okay, so the stars  
did not line up; wise men  
did not search for you.

You don't need to save  
your people, your kingdom, or  
your neighborhood. Whew!

Whether young or old,  
your purpose may elude you;  
assignment unclear.

But you are here, right?  
You have a beautiful mind  
underneath it all.

It just gets muddled  
and addled and you need to  
hose it down sometimes.

A radiator  
in need of a blast of fresh  
fluid. Jiffy lube!

You could choose to wait  
until your engine's burned out  
before you treat it.

Better to build in  
regularly scheduled  
mind maintenance, right?

Your mechanic, your  
dentist, your accountant  
will agree with me:

Pay attention. Don't  
let problems get too big or  
you will be sorry.

A dead engine, a  
dreaded root canal, or tax  
problems? Avoid these!

Watch the details  
daily (or often, at least).  
Be intentional.

Minds last a lifetime  
(mostly) and yours is truly  
worth watching. Start now!

---

## I. GETTING CALM

### Let's Go Surfing Now

*Adrenalin wave  
is coming—watch it, feel it...  
Now! Paddle like hell.*

Watch your hands, fists clenched.  
Adrenalin coursing through.  
Gripping steering wheel.

Slamming cupboard doors.  
Pounding on the table, desk.  
Want to throw cell phone.

Stomping, hopping mad.  
Kick your door, your dog (please, don't!)  
Jumping up and down.

This is what we do:  
Think: "Must calm down. Therefore—sit."  
No, no, no, no, no.

Where will it all go?  
Your adrenalin sending  
your blood left and right.

Your best defense? Move.  
Flap your wings. Jog in place. Jump.  
Move your arms and legs.

Military folks  
know this—the drill sergeant says:  
“Drop! Give me twenty!”

Push-ups work wonders  
on agitated privates:  
Down, up, one. Again!

No “time-out” allowed.  
No sitting in the barracks,  
contemplating words.

Fight or flight response  
sends blood to extremities:  
punch, kick, run away.

Human ancestors  
thrived this way: kill for dinner,  
or run like crazy.

Modern life seems tame  
by comparison, but still  
our bodies react.

We are civilized.  
We do not run from our boss  
or butcher our pests.

But our bodies keep  
pumping out those stress hormones.  
What should we do now?

Our culture says: “Chill.”  
So we sit, watch TV or  
play video games.

We soak in the tub,  
or zone out while listening  
to soothing music.

Slowing down is good,  
but first, you must get active.  
Adrenalin burn.

This is natural.  
We do this when we are young,  
without any thought.

Just consider this:  
classic 2-year-old tantrum—  
stomping, flailing, rage.

Adrenalin blasts  
blood to those appendages:  
fight or flight response.

No mental filter  
tells a two-year-old to chill.  
Body takes over.

It's adrenalin  
in all its glory: watch those  
arms and legs swinging!

But no, we say then:  
“Time for a time-out! Simply  
sit and then calm down.”

This is what we learn:  
Anger needs stillness. But we  
are terribly wrong.

Sitting, stationary  
on the outside does not mean  
we are soothed inside.

Within is turmoil.  
Stepping on the gas and brake,  
our engine burning.

No motion, true, but  
hormones surging, a bubbling  
cauldron of stress soup.

Better get moving  
first, flushing your system for  
a minute or so.

THEN, and only then  
should you be still. Let your  
body regulate.

No use trying to  
fight your physiology.  
Mother Nature wins.

Instead, work with it.  
Recognize the power of  
your body. Give in.

But do this in a  
socially acceptable  
way—no violence.

Just action. Cleaning.  
Running. Dancing. Do jumping  
jacks in the restroom.

Move a box. Refile.  
Deliver a message. Clap.  
Move your arms and legs.

You must remember:  
Anger, excitement, or fear?  
Get moving now!

Watch your hands and arms  
for extraneous movement.  
Note: “adrenalin”

Utilize your stress.  
Meditation will never  
calm a hurricane.

Spring into action!  
Note your extremities now,  
and just keep moving.

Then you may sit still  
if you like, and catch your breath.  
Big exhalation.

Yes, breathing is good.  
Moving makes that happen when  
we don't remember.

Let the winds die down,  
the debris settle. Do not  
get clobbered by it.

Watch nature at work.  
Fighting and fleeing require  
blood flow. Brain drain time.

Blood flows from the brain.  
This is stupid-remark time.  
Big regrets ahead.

Meditation helps  
after hormone explosions:  
clearer perspective.

Mindfulness prevents  
the timber-shaking tirade—  
you see it coming.

As you watch your wave  
approach, feel the swell rising  
and start to paddle.

Arms and legs move now.  
Keep moving, don't stop, just  
get on top of it.

Catch it perfectly,  
riding it smoothly to shore.  
Wipe-out averted.

---

## Let There Be Water

*Waterfall, ocean,  
bubbling creek: our natural  
brain synchronizers.*

Advertisement says:  
“Meditate like a monk—just  
listen to this tape!”

Too good to be true?  
No—it actually works.  
It’s called entrainment.

In the seventies,  
stereo headphones allowed  
separate ear sounds.

Left and right could hear  
different tones—even jump  
from ear to ear. Cool!

Hmm. What happens if  
each ear hears a different  
frequency? Find out!

Studio geeks play.  
Experiments yield some  
fascinating news.

Our brains get balanced,  
with left and right hemispheres  
resonating, one.

Like a mind massage,  
two frequencies average.  
Happy medium.

This means you can choose  
alpha, delta, theta waves,  
depending on tones.

Pick your target wave:  
deep meditation, calming,  
super creative.

We love these easy  
self-improvement programs: seems  
like magic—*voilà!*

Early adopters  
seized this notion and applied  
it in many ways.

Eureka! Gold mine!  
Frenzied tape duplication.  
Rich studio geeks.

CDs embed tones  
in music. Listen while you  
work, play, even sleep.

You can now buy these  
CDs—your choice of music,  
even your own voice.

The Rolls Royce version,  
with one-on-one support, at  
[Centerpointe.com](http://Centerpointe.com)

But wait! You can find  
these magic binaural beats  
in nature—in water!

Listen to these sounds:  
ocean, river, waterfall...  
bubbling, cascading.

A simple beach stroll  
will synchronize your brain waves.  
Clarity is yours.

It's not just fresh air  
or negative ions—no.  
Entrainment happens.

With waves on one side  
and shoreline on the other,  
your brain is massaged.

One ear to the shore,  
this frequency is balanced  
with the sound of waves.

Result? Clarity.  
Calm and creativity.  
All you do is hear!

Try a waterfall.  
Placement is everything.  
Always sit sideways.

Let the sound enter  
one ear at a time, then switch.  
Free therapy here!

Synchronizing waves,  
your gurgling office fountain,  
off in the corner.

Don't you love it when  
nature makes sense? Science is  
magic understood.

So there you have it:  
Seek noisy moving water  
to balance your brain.

Or buy the CDs.  
Either way, there's no excuse  
for funky brain waves.

---

## II. GETTING CLEAR

### Life Is A Parade

*From the sidelines, you  
can only watch. Now, let the  
pooper scoopers work!*

This is as structured  
as you need to get—ever.  
Whew! What a relief!

Try the hardest one  
right now to see how simple  
mindfulness can be.

Are you ready? Start  
with a little exercise  
called the “thought parade.”

It’s easy, really.  
Just picture yourself at a  
parade; calm, watching.

You’re a spectator.  
Oh, look! Here comes a thought now,  
heading right this way.

And now it is here  
right in front of you, standing  
in all its glory.

You see it clearly.  
What shall you call it? Label  
it quickly—right now.

How about “mother”  
or “food” or “money” or “sex”...  
Call it what you will.

Now get this: just watch.  
You are not this float—not this.  
You’re a spectator.

Okay, you can wave.  
Nod your head, recognize it.  
You are not strangers.

You’ve seen it before  
many times. In fact, you could  
say you are old friends.

Or old enemies.  
Or both, at different times  
over your life span.

Right now, skip all that.  
You are not climbing aboard,  
waving at the crowd.

You are not throwing  
beads, or candy, or leaflets.  
Stop the cameras.

It’s not about you.  
You’re just watching, remember?  
And now it’s leaving.

Well, that went quickly.  
You hardly had a chance to  
love or hate it.

No time to even  
see all sides of it, really—  
Just a glimpse, then “next!”

Well, that’s the secret:  
You’ve got to let your thoughts flow  
without direction.

No fair riding, or  
dancing, or running along  
behind it—chasing it.

You must stay seated  
and let it go by. Can you?  
Fasten your seatbelt!

Forget that one now.  
Here is the next one. Ready?  
Take a look at it.

What will you call it?  
Don’t get fancy—a simple  
one-word label works.

Would you look at that?  
It’s a repeat offender.  
Just note your angst.

Let it move along.  
You’ve spent lots of time on this  
already. Goodbye!

Didn't that feel good?  
You didn't get sucked into  
that same old pattern.

"Ha! This is easy!  
I can do this!" Um,  
Let's call that "ego"...

"Oh, man. I always  
get cocky too soon and then  
frustrated again."

"Angst." That's another  
thought. Let it go by, just like  
the last one. Big breath.

New float: Call it "hard" ...  
"Maybe this isn't going  
to work after all.

I'm already lost.  
Where is that float, anyway?  
I'm just waiting now."

There it is---it's "time" ...  
"How long has it been so far?  
Surely it must be....

Two minutes, or more?  
Am I done yet? Can I stop?  
I am pathetic."

No, no, no, no, no.  
You are normal. Human and  
full of ideas. Lucky!

Your formidable  
frontal lobe is at work here  
and you can't stop it.

That is okay. The  
point is not to stop thinking  
but to keep watching.

It's as though you have  
a clipboard. Your job is to  
note and check each thought.

No dwelling. Don't stop.  
No wallowing or even  
celebrating. Next!

Note it. Name it. Next!  
Note it. Name it. Next! Again.  
Note it. Name it. Next!

Try just one minute.  
Watch your personal parade.  
One heck of a show!

And that, my friend, is  
mindfulness in a haiku  
nutshell: just enough.

You're thinking, "That's it?  
Surely there is more to learn  
to be enlightened."

Well, yes, that is true.  
And if you want to learn that,  
you'll need your own monk.

And that would be cool—  
it's always worth learning more  
about mindfulness.

But I'm guessing that  
you want to live your current  
life, just enhanced.

No drastic changes  
in your routine or locale;  
just more mindfulness.

You want to be calm  
when you want to be calm, right?  
It's about control.

But it's not just that.  
You want more joy, more meaning,  
more love, intention.

You understand that  
what you seek is more of those  
"I love this!" moments.

You know what I mean—  
the times you feel connected.  
All's right in your world.

More like that. Yes, more.  
You have a sense that you are  
missing out on those.

If only you had  
more time, you think—then you could  
relish those moments.

But deep inside, you  
know this isn't about time  
management—it's not.

You know how to plan.  
You can be quite organized  
when you choose to be.

Hey, you get things done.  
And yet, you never have time  
for what matters most.

Creating. Playing.  
Laughing your head off on an  
hourly basis.

Can mindfulness help?  
It is key. Let me prove it.  
Take this little test.

Remember a time  
when, for one moment, you felt  
happy to be here.

Happy at work. Or  
in your car. Or on a bike.  
Or brushing your teeth.

Not just a fleeting  
glimpse, but a full-on moment  
of "life is good" joy.

I bet anything  
that it happened when you were  
paying attention.

If you were worried  
about yesterday, you would  
have missed that moment.

If you were planning  
for tomorrow, you would have  
missed it totally.

The only reason  
that you experience that  
moment? Mindfulness.

You stepped back from your  
thoughts enough to notice the  
significant part.

That is mindfulness.  
Like I said at the start, it's  
not rocket science.

You are already  
mindful sometimes. In fact, those  
are your best moments.

Your best memories  
would never exist if you  
hadn't noticed them.

Just think—you might have  
missed them! Thank goodness  
you paid attention.

What about bad ones?  
You were mindful during those  
times, too—that's for sure.

The good, bad, ugly—  
you've chosen to notice each  
and every one.

There is much to learn  
by watching what you're doing.  
See it, understand.

No room for judgment—  
no cheering, booing, ego.  
It is what it is.

Stumbling upon great  
humor. Revelations when  
you least expect them.

It is all right there  
in your mind—your constant source  
of epiphanies.

Enter it like a  
video arcade. Ready?  
Let the games begin.

---

## Entertain A Thought

*Endless fun fountain,  
gushing creativity,  
showering wonder.*

Sixty thousand thoughts  
pass on any given day  
through your brain's hallways.

A lot of traffic—  
pushing, elbowing, shoving.  
Potential stampede.

Sixty thousand thoughts.  
Here's the kicker: many are  
from yesterday's menu.

Yes, fifty seven  
thousand, same as yesterday.  
Major *déjà vu!*

Talk about a rut.  
Might as well be going through  
a revolving door.

This monotony  
is comfortable, but oh,  
what a waste of space.

Time to throw open  
the doors and say, "Come on in!"  
Be a good neighbor.

Throw a big party  
and don't worry about the  
carpet. Big mind bash!

Bring in live music,  
fantastic food, crazy games,  
fascinating folks.

These ingredients  
make parties interesting.  
It's the same with thoughts.

Entertain a thought.  
Be warm and welcoming.  
Make introductions.

Give it the best seat  
in the house, just for a while,  
and ask good questions.

So what if you don't  
become best friends? The point is  
to consider it.

Be a charming host  
to new ideas; listen,  
laugh, touch a shoulder.

Stop looking for your  
photo opportunities.  
Seek quiet corners.

Some powerful thoughts  
fly under the radar; no  
autograph seekers.

They are worth your time,  
useful, even if they don't  
make you popular.

We have "in" crowd thoughts.  
Homecoming queen ideas.  
Super-jock beliefs.

But look for loners,  
back-of-the-room pranksters,  
quiet, bookish types.

Invite them all in.  
Apply wine, let them flirt, and  
see who gets hooked up.

It might surprise you.  
Don't avoid those you think are  
incompatible.

What if that quirky  
strange one turns out to be the  
life of the party?

You will never know  
which of the sixty thousand  
can change your whole life.

So, all you can do  
is pay attention to those  
that keep popping up.

And if nothing pops,  
keep stirring and mixing and  
playing with new thoughts.

Entertain, dear friend.  
Your prime mind real estate  
deserves attention.

Don't be afraid to  
invest; build yourself a new  
brain portfolio.

So many options,  
but only if you see them.  
Make good connections.

In everything,  
remember to ask this: Can  
I be here now? Gooooood.

How about now? Good.  
And what about now? Yes? Good.  
(Thanks, Verizon guy.)

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### III. GETTING CREATIVE

#### In The Present Tents

*Zip up your tent now—  
just you inside this secret  
present mind moment.*

This is what we know:  
Our brain absorbs whatever  
we say—present tense.

When you say, “I am”—  
not “I was” or “I will be”—  
you truly believe.

“I will” is not yet—  
think New Year’s resolution:  
always future tense.

January 1<sup>st</sup>:  
An “I will” future—by March,  
it is forgotten.

The past happened “then.”  
For now, what is true today?  
“I am whatever.”

“I am” means right now.  
We selectively believe  
what we say is true.

No one ever says,  
“I will be an idiot.”  
They say, “I AM one.”

Our brain says “Ho-hum”  
when we speak of the future:  
heard it all before.

Might not happen, right?  
No need to get excited.  
Let’s just wait and see.

“I will exercise”  
or “I am going to lose weight.”  
Promises again.

But listen to this:  
“I am losing weight”—now it  
sounds real, true, current.

“I am working out”  
is a proud proclamation.  
A statement of fact.

Our goals sound like this:  
“I will”—“I shall”—“I promise”...  
Let’s do the time warp.

Say it like it’s true  
right now (even if it’s not)—  
your brain needs to hear.

This is not woo-woo.  
Send it to the universe?  
Send it to your mind!

Affirmations work—  
but only if you ignore  
the “Liar!” alarms.

Your brain is wired  
to be suspicious of the  
positive statements.

“I can’t”—“I won’t”—or  
“I always”—“I never”—this  
is what you believe.

Your mind is a thug.  
But then, you’re the one who is  
training it this way.

You are the first one  
to discount positive words,  
no matter the source.

Compliments? Not true.  
Positive self-talk? Silly.  
See the problem here?

Call the mind police!  
Lock up the hoodlum and throw  
away the key—now!

You’ve been held hostage,  
but you can choose to be free.  
It all starts with words.

The simplest phrases,  
carefully crafted, stated,  
create new beliefs.

And oh, you need them.  
Goals are good for measuring.  
But intentions? Wow.

Whatever you want  
to change in your life begins  
with right intention.

But the starting point  
is mindfulness. First: listen.  
Watch your “I am” thoughts.

Your greatest lessons  
are waiting to be learned here.  
Buried mind treasure.

Don't you think it's time  
to get your mind on your side?  
You need a buddy.

One chanting with you:  
“I am successful, secure,  
lovable, loving.”

A true best friend who  
sees your talents, and loves you  
unconditionally.

The “can't/won't/nevers”  
dig into your psyche and  
make themselves at home.

Be mindful of these.  
Pay attention, question them.  
Bold and curious.

The other-centered  
thoughts are just as destructive—  
seemingly neutral.

You have them there,  
lurking at your back door—  
dangerous groupies.

Vying for your love  
or time, a place in your mind.  
True troublemakers.

“She always does that.”  
“He is never nice to me.”  
“This always happens.”

Wake up! Do the math.  
Count your “always” and “nevers”  
creeping in, blinding.

Unemotional,  
without judgment, you can  
see what’s going on.

This is non-thinking.  
Not thinking. Like summertime:  
Watching the reruns.

But that’s not all, folks.  
You need to strike a balance:  
non-thinking, thinking.

Stop, look, listen, learn.  
Mind watches mind. And later,  
mind entertains thought.

Next step: mind creates  
clear picture of intention.  
Strong, flexible mind.

There is no need for  
a serious attitude.  
Think of it as play.

In fact, we can play  
with the phrase, “present tense”—now,  
let’s think “present tents”....

Zip yourself into  
a mental tent. Cozy, huh?  
Your favorite fort.

It’s just you here now.  
Your secret place, without rules.  
This game is all yours.

Just play it your way.  
When we’re in our present tents  
we can make it up.

No one else will see  
this private place. Such freedom,  
possibility.

What do you want to  
be true right now? Anything  
you create is yours.

Believe it—or not.  
That’s your choice. No one knows  
what goes on in your head.

A perfect playground,  
really—so many thoughts to  
discover, explore.

In our present tents,  
epiphanies quiet and  
thunderous abound.

The past and future  
are outside our tent walls: it's  
just now in here.

Given the gift of  
the present tents, what shall we  
do with ourselves? Play!

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## Embedding Triggers

*Let's Make It Real—  
this is my favorite game.  
Seek Door Number One.*

Now you are saying:  
“Great—how am I supposed to  
remember all this?”

Ah—I thought you would  
never ask! This is the best  
part of the whole book.

The trick is to start  
embedding new thought triggers.  
Flash! Ideation.

Take a look around  
with fresh eyes and really see  
repetitive sparks.

Choose something you see  
everywhere, without  
fail—ubiquitous.

Or pick on item  
that is unique but ignored:  
charming memento.

Time to scintillate.  
Texture, color, sound, scent, taste, shape—  
true da Vinci style.

If you want to be  
like Leonardo, always  
engage your senses.

Pay attention to this:  
You can choose what works for you.  
Do-it-yourself game.

Here's an example  
of something simple—I use  
purple M&Ms.

Custom color, yes,  
but any hue will do—here's  
my reason for it:

Alice Walker said  
this in “The Color Purple”—  
“I think it pisses

God off if you walk  
by **the color purple** in  
a field somewhere

***and don't notice it.***”

I mean, how dare we?  
Purple deserves attention.  
Choose to notice it.

Let's work with purple.  
It will be our cue—but wait!  
Not all purple things.

Only one to start.  
A pillow? Vase? Curtain? Pen?  
Something in plain sight.

No searching allowed.  
Not a sweater buried  
deep in a drawer.

This purple thing is  
present, just waiting to be  
noticed with new eyes.

Big? Small? No matter.  
Refrigerator magnet.  
Boldly painted wall.

Listen carefully  
to this part: just once a day.  
No more, no less.

The first time each day  
You see your purple thing, just  
say, "I am mindful."

In the present tense.  
Something you want to be true.  
You create this truth.

This takes only—what,  
two seconds? Three? Not a lot  
of time to commit.

But this simple phrase  
is immensely powerful—  
say, “I am mindful.”

You see your purple  
and pay attention, noting  
it—you ARE mindful!

You see, you notice  
your new trigger. Present tense  
statement—catalyst!

Say, “I am mindful”  
and it is so—build  
your self-fulfilling truth.

Not just magic words.  
Think: stealth brain propaganda.  
Voodoo neuroscience.

The mind is chewing,  
thoughtfully, silently, just  
taking it all in.

Your subconscious mind  
starts changing first—your conscious  
mind is sleeping in.

But it will wake up,  
noticing new behaviors.  
“Overnight” success.

It might take days or  
weeks or months, even. Who cares?  
You punch your time clock.

It has taken years  
to build your thoughts and habits.  
What's a few weeks now?

A few seconds here,  
a few seconds there. Purple  
is paving the way.

You want to be it?  
Then first, you have to say it.  
Planting potential.

Isn't this easy?  
Let's do another one—round  
M&M trigger.

Purple item done.  
Now pick something round to touch:  
Bathroom sink? Door knob?

Steering wheel? Gearshift?  
A coin? Your alarm clock?  
Choose your round thing now.

Say, "I am mindful"  
the first time you touch it each  
day, once, with purpose.

See it, touch it, say  
those secret words. Intention  
seals the deal.

Neural pathway forms.  
Electrochemical wow.  
"Round" synapse party!

You created it.  
Hooray! A brand new pattern.  
Grateful, your brain grins.

Purple, round: two ways  
to greet the day mindfully.  
Ready for a third?

Look at the letter  
on your M&M: M  
The perfect letter.

Mmm is the sound of  
comfort; relishing moments of  
pure sensation.

So versatile, too:  
Exhale and it is now “Hmmm.”  
Your mind is at play.

An open mouth turns  
it into “Om”—sacred sound  
that tickles your ears.

So many M-words.  
How can you choose only one?  
Let me help with this.

It may surprise you,  
but trust me—this will change your  
thought pattern, big time.

The Golden Arches  
Yes, that yellow McDonald’s M.  
It’s everywhere.

You just can't miss it.  
Signs, take-out bags, TV ads,  
Happy Meal toys.

Are you lovin' it?  
Or do you love to hate it?  
It doesn't matter.

Whatever you think  
when you see that golden M,  
you can replace it.

No more "two-all-beef-  
patties-special-sauce-lettuce  
cheese-pickles-onions."

Sesame bun  
is now replaced, thankfully.  
Say, "I am mindful."

Let go of your thoughts  
about corporate greed, or  
fat content. Mmmmmelting....

No longing for fries  
or a thick chocolate shake or  
Egg McMuffin.

Now you have a new  
thought—guilt-free, calorie-free.  
Apolitical.

M. "I am mindful."  
Each time you see those arches,  
state your intention.

Purple, round, M. Now  
take a chocolate bite—Mmmm.  
Chocolicious prompt.

The very first bite  
of chocolate each day is  
the perfect trigger.

Say, “I am mindful”  
and savor the taste of this  
melt-in-your-mouth thought.

Purple. Round. M. Choc.  
If these don’t work for you, fine.  
Pick the ones YOU like.

Four triggers—only  
eight or ten or twelve seconds  
in your busy day.

You will never miss  
those seconds—what else would you  
do with them, really?

Such a simple start,  
but potentially profound.  
Why not begin now?

Releasing old thoughts,  
notoriously attached—  
mental super-glue.

Purple M&Ms.  
You will never think of them  
the same way again.

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## Conclusion

*Good news: You are now  
playing with mindfulness. See?  
It **is** like a game!*

Mission accomplished?  
No—we're just getting started!  
And that's the point.

Start now, and keep on  
starting again and again—  
intentionally.

You can't mess this up.  
The trigger is now planted.  
Sneaky mindfulness.

Awareness candy:  
delicious fun. Not one bit  
intimidating.

Chocolate play time.  
Who knew that mindfulness could  
start so easily?

A Purple Round M  
life awaits—remarkable,  
chock full of Wonder.

Enjoy.

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## EPILOGUE

What would Buddha say?  
Hmm? Om? Mmm? Nobody knows.  
Perhaps he would smile.

Let us watch what we  
are doing—lightly, with joy  
and a tiny smirk.

We may try out those  
cushions, retreats. But for now,  
time for M&Ms.

Or Lifesavers. Or  
peanuts. Or watermelon.  
Free to change our minds.

We like to have fun  
on our spiritual path.  
The road less traveled.

We may be silly,  
but still serious about  
Figuring Things Out.

For now, anyway.  
New ideas sparkle, and  
we are attracted.

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Want to learn more ways to play with mindfulness?  
Visit Maya's website at  
<http://www.Real-WorldMindfulness.com>  
to read free articles and discover new tools for seriously fun  
personal development.