

Fly like a Bumblebee



Your attention is a bumblebee. It
lands briefly on an outside
phenomenon, collects goodness
and flies to the next.

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Focus attention on all kinds of forms, colors, sounds, tastes, smells, touches, temperatures, movements, expanding, rotating, changing, merging, ... You can intensify the effect by mentally saying "This" to any new focus object. Fly around like a bumblebee collecting pollen from blossoms. Enjoy the beauty and richness of any phenomenon. Proceed to the next blossom, before your mind starts thinking, labeling, liking or disliking, wanting or rejecting. Feel the goodness accumulating in your body.

Nice Videos: [Mindfulness](#)