What is Mindfulness?

- PRACTICES (and the Way of Being that Develops from them) of:
  - Paying ATTENTION to the present
  - With the INTENTION to be aware
  - And the ATTITUDE of kindness.

A form of Personal Justice

Leading to Interpersonal Justice

With the Potential to Promote Justice in the World.
Mindfulness in Law Supports Societal Transformation: Mindful Lawyers are Heartful Lawyers.
Bringing Effective, Peaceful Service and Teaching to a Broken-hearted world.

For more:
- Contact me at: rvmagee@usfca.edu
- UCSD Center for Mindfulness

Thank you and Be Well.