


**Justice Begins With A Breath:
Mindfulness-Based Practices for
Sustainable Work in the Child Support
System and Compassionate Justice for All.**

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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.



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For more:

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Thank you and Be Well.



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