

MINDFUL FATHERHOOD

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Seed of Gratitude

Give thanks for the privilege of partaking in the creation of new life. Feel this joy deeply. Each moment is a mind-blowing miracle. Let the beauty and opportunity wash over you. As a father, celebrate your special, co-creative role in the miracle of life. Let the privilege and the responsibility wash over you.



Say to yourself: The miracle of being a father is a privilege and a joy.