



## Welcome

This re-mind helps you to live life more mindfully. By constantly reminding yourself, you can return your thoughts to the **here and now**. Focus on what you are doing now. And by doing this very regularly you will notice that you go through life more and more calmly and confidently. With less stress and less worry.

## Instructions

- Step 1:** Briefly press the button to turn the re-mind **on** (vibrates once) or **off** (vibrates twice).
- Step 2:** Put the re-mind in your pocket, use a wristband or put it on the table.
- Step 3:** When the re-mind vibrates: Bring your thoughts to the **here and now**. What are you doing now? Give it all the attention it needs.

## Plum Village

The re-mind Mindfull is set by default to the same interval at which the gong is sounded in **Plum Village**. About 4 times an hour you are reminded that you are alive **now** and that you can leave the past and future as they are.



## Choose your own program

You can also set the interval yourself if you don't want to use the built-in learning curve.

The programs:

1. Intensive (5 min)
2. Frequent (10 min)
3. Regularly (15 min)
4. Normal (30 min)
5. Supportive (60 min)
6. Plum Village

## This is how you select a program

- Step 1:** Keep the button pressed until the re-mind vibrates.
- Step 2:** Select a program: for example, press 4 times for the “Normal” program.
- Step 3:** The re-mind now vibrates this program. (so 4 times for “Normal”)

## Set vibration time

If you want to make the re-mind vibrate longer so that you feel it better, press and hold the button until it vibrates. Then press the button **again for a long time** until it vibrates again.

(repeat this procedure to make the re-mind vibrate briefly again).

## Replace battery

The battery lasts 3 months with daily use. If you feel that the re-mind vibrates less strongly, replace the battery (loosen the lid of the re-mind with a skewer, replace the battery and click it closed again).

The battery type is a **CR2032** button cell and is available at a drugstore or supermarket.