

mindful housesitting

good references and experience:



Mindful Housesitting

Blessings for your pets, plants, mail,
gardens, home, and journey.
Be at ease while you are away.

510-594-4000ex705

mindfulhousesittingai@gmail.com

Are you yearning to get out of the house and travel to your sweet spot? Mindful Housesitting is here to book your future dates! Mindful Housesitting has been keeping very safe COVID-19 prevention standards with constant hand washing, no face touching, rigorous cleaning/disinfecting, gloves, face masks, social distancing, no touch contact, daily wellness/mindfulness practices, and more. Mindful Housesitting is committed to maintaining high safety and wellness standards with blessings for your pets, plants, mail, gardens, home, and journey!

Be at ease while you are away with a mindful, reliable, conscious, considerate, clean, trusted, kind, gentle, pet-loving, sensitive, eco-friendly, quiet, self-directed, studious, focused, positive, safe, drug/drama/alcohol free, caring, and experienced house-petsitter. Longtime daily mindfulness-lovingkindness-Qigong-Tai chi-moving arts practitioner & peace and conflict studies thinker.

Not for profit. Donation based sliding-scale offering for basic services for mutually compatible fit arrangements.

Longer plans made in advance are given priority. Shorter travels and last minute plans may sometimes be fit in as well.

Please contact mindfulhousesittingai@gmail.com

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Please contact by email with your dates, approximate location, pet information, and house/petsitting requests!



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Amy I.

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SOME LINKS TO ONLINE MINDFULNESS PANDEMIC PRACTICE RESOURCES:

While this pandemic has been very tough for many, people are also finding opportunity to deepen daily practices. If you are still looking for some online resources that can nourish Mindfulness practice through the rest of the shelter in place and strengthen our capacity to maintain mindful awareness as we transition to phase two, here are some helpful links. Additionally, there are two links for mutual aid and free pet food.

Tara Brach's Pandemic practice resources:

<https://www.tarabrach.com/pandemic/>

<https://www.tarabrach.com/create-home-retreat/>

Jack Kornfield's Pandemic practice resources:

<https://jackkornfield.com/pandemic-resources/>

<https://jackkornfield.com/creating-a-home-retreat-finding-freedom-wherever-you-are-free-half-day-retreat-included/>

John Kabat Zinn daily practice sessions sponsored by Wisdom 2.0:

www.wisdom2conference.com/live

Sharon Salzberg pandemic practice resources:

<https://www.sharonsalzberg.com/covid-19-resources/>

Tricycle practice sessions:

<https://tricycle.org/trikedaily/online-meditation/>

Letter from the virus:

<https://www.filmsforaction.org/watch/a-letter-from-the-virus-listen/>

HeartMath Global Care Rooms:

<https://www.globalcarerooms.org/rooms/waitingfb/gci>

Ten Percent Happier Coronavirus Sanity Guide:

<https://www.tenpercent.com/coronavirussanityguide>

Plum Village app:

<https://plumvillage.app/>

Mutual Aid Pandemic of Love:

<https://www.pandemicoflove.com>

Berkeley Humane Society Pandemic Free Pet Food Pantry:

<https://berkeleyhumane.org/free-pet-food-pantry/>