

THOUGHTFULS

Pop-open cards were the first products we ever made, and they've been one of our most popular products ever since. Elegantly designed, each boxed set of ThoughtFalls includes 30 timeless messages to capture your heart.

Mindfulness

Offer a card to a friend to inspire a peaceful moment during a busy day. Or open a card yourself to invite a sense of calm, here and now.

...take time to
replenish your spirit...

ELEANOR BROWNN

In this moment, there is
infinite possibility.

VICTORIA MORAN

Within you there is a
stillness and sanctuary
to which you can
retreat at any time...

HERMANN HESSE

Nowhere you can go
is more peaceful...
than your own soul.

MARCUS AURELIUS

...live for the moment,
each and every day...
the here, the now.

SIMONE ELKELES

...the wisest thing you
can do is be present
in the present.

MAYA ANGELOU

...sometimes patience is the
only answer. Press pause.

DOUGLAS RUSHKOFF

When the mind is calm...
how beautifully you will
perceive everything.

PARAMAHANSA YOGANANDA

...no matter where you are
and what you face, within
your heart peace is possible.

JACK KORNFIELD

...it's the little quiet
moments in the midst of life
that seem to give the rest
extra-special meaning...

FRED ROGERS

This is the real secret of life—
to be completely engaged
with what you are doing
in the here and now.

ALAN WATTS

Surrender to what is.
Let go of what was. Have
faith in what will be.

SONIA RICOTTI

...this moment is the best
moment. Live it fully.

SATISH KUMAR

Mindfulness is observing
the beauty of every moment
unfolding before us.

AMIT RAY

...begin to enjoy what is.

CHERI HUBER

Do not lose
your inner peace...

ST. FRANCIS DE SALES

We can enjoy this journey
by consciously slowing
ourselves down...

ANNE BRYAN SMOLLIN

...stop a moment, cease
your work, look around you.

LEO TOLSTOY

The real meditation
is how you live your life.

JON KABAT-ZINN

Normal day, let me be aware
of the treasure you are.

MARY JEAN IRION

Sometimes, the most
important thing in a whole
day is the rest we take
between two deep breaths.

ETTY HILLESUM

...decide that wherever
you are is the
best place there is.

SODO YOKOYAMA

Doing nothing is something.

THICH NHAT HANH

Do something nice for
yourself today. Find some
quiet, sit in stillness, breathe.

AKIROQ BROST

Every moment
is a fresh beginning.

T. S. ELIOT

In the midst of
movement and chaos,
keep stillness inside of you.

DEEPAK CHOPRA

...withdraw and
restore yourself.

DALAI LAMA

Inner peace doesn't
come from getting
what we want, but from
remembering who we are.

MARIANNE WILLIAMSON

Taking time to do nothing
often brings everything
into perspective.

DOE ZANTAMATA

Life... is in the living...
every day and hour.

STEPHEN LEACOCK

