



# **The Book of Mindful Origami: Fold paper, unfold your mind**

*Samuel Tsang*

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Every day millions of us sit in front of a computer screen tapping away at a keyboard, mostly writing virtual notes to unseen correspondents. By contrast, an origami project is a chance to be creative and make something tangible; in fact, turning a piece of paper into a three-dimensional sculpture is a meditative journey that instills in us a sense of pride, competence, and accomplishment. As we fold the paper, the focus required and the tactile connection help free our minds to roam, creating the opportunity for a moment of self-reflection, for true presence of mind.

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