

BASIC GUIDE TO *Mindfulness Meditation*

SETTLING



- 1** Settle into a comfortable position. If you choose to sit use a chair that allows your spine to be self supporting.
- 2** Adopt an erect, dignified posture with your feet flat on the floor.

BRINGING AWARENESS TO YOUR BODY



- 3** Focus your attention on sensations of touch. Concentrate on where your body is in contact with the floor or your chair.
- 4** Next focus directly on your feet. Start with your toes and then expand your attention so it takes in the rest of your feet.
- 5** Now expand to take in your legs, torso, arms and finally neck and head.
- 6** Spend a minute in awareness of your whole body. Allow your body and the sensations to be just as you find them.

FOCUSING ON BREATHING



- 7** Bring your awareness to the breath as it moves in and out of your body. Notice the changes in sensations as you breath.
- 8** As best you can, follow the breath with your attention. Don't try to control your breathing. Just let your breath be breath.



Your mind will likely wander over and over again. Daydreams, thoughts and images will wander into your mind.

When this happens just note where your mind has been and gently escort it back to your breath.

Guide Mindfulness Meditation

Mindfulness Mastery



Guide Mindfulness Meditation:

Whispering the Strategies of Language: An Mental Journey through **Guide Mindfulness Meditation**

In a digitally-driven earth wherever displays reign great and immediate transmission drowns out the subtleties of language, the profound secrets and emotional subtleties concealed within phrases usually go unheard. However, located within the pages of **Guide Mindfulness Meditation** a charming fictional prize sporting with organic feelings, lies a fantastic journey waiting to be undertaken. Published by a talented wordsmith, this enchanting opus attracts visitors on an introspective journey, gently unraveling the veiled truths and profound influence resonating within the very cloth of every word. Within the emotional depths of this moving review, we can embark upon a sincere exploration of the book is primary subjects, dissect its charming writing type, and succumb to the powerful resonance it evokes serious within the recesses of readers hearts.

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