

# 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

**Annelies Wilder-Smith**



## **Guide Mindfulness Meditation:**

## Enjoying the Song of Term: An Mental Symphony within **Guide Mindfulness Meditation**

In some sort of eaten by monitors and the ceaseless chatter of immediate interaction, the melodic beauty and emotional symphony developed by the published word usually fade in to the back ground, eclipsed by the constant sound and interruptions that permeate our lives. But, situated within the pages of **Guide Mindfulness Meditation** a wonderful fictional prize brimming with raw emotions, lies an immersive symphony waiting to be embraced. Crafted by an outstanding musician of language, that charming masterpiece conducts readers on a psychological journey, skillfully unraveling the hidden songs and profound affect resonating within each carefully constructed phrase. Within the depths with this moving review, we will investigate the book is central harmonies, analyze their enthralling publishing model, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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