

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

DJ Losen



Guide Mindfulness Meditation:

Adopting the Tune of Appearance: An Psychological Symphony within **Guide Mindfulness Meditation**

In a global taken by displays and the ceaseless chatter of quick connection, the melodic splendor and psychological symphony created by the prepared word frequently disappear into the background, eclipsed by the constant noise and disruptions that permeate our lives. Nevertheless, located within the pages of **Guide Mindfulness Meditation** a wonderful fictional prize overflowing with natural feelings, lies an immersive symphony waiting to be embraced. Constructed by a wonderful musician of language, that fascinating masterpiece conducts readers on a mental journey, well unraveling the concealed melodies and profound affect resonating within each cautiously constructed phrase. Within the depths of the moving analysis, we can explore the book is key harmonies, analyze their enthralling publishing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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