

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

Rosina Ehmann



Guide Mindfulness Meditation:

Unveiling the Energy of Verbal Art: An Psychological Sojourn through **Guide Mindfulness Meditation**

In some sort of inundated with monitors and the cacophony of immediate interaction, the profound energy and psychological resonance of verbal beauty frequently disappear into obscurity, eclipsed by the regular onslaught of noise and distractions. Yet, nestled within the musical pages of **Guide Mindfulness Meditation**, a interesting perform of fictional brilliance that impulses with raw thoughts, lies an memorable journey waiting to be embarked upon. Written by a virtuoso wordsmith, that mesmerizing opus manuals readers on a mental odyssey, delicately exposing the latent potential and profound impact embedded within the complex web of language. Within the heart-wrenching expanse with this evocative evaluation, we shall embark upon an introspective exploration of the book is main styles, dissect its interesting writing style, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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