

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

Giovanni Dienstmann



Guide Mindfulness Meditation:

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

In a digitally-driven earth where monitors reign great and immediate connection drowns out the subtleties of language, the profound secrets and psychological nuances concealed within words often move unheard. However, set within the pages of **Guide Mindfulness Meditation** a interesting fictional treasure pulsating with raw thoughts, lies an exceptional journey waiting to be undertaken. Published by a skilled wordsmith, this wonderful opus encourages viewers on an introspective journey, delicately unraveling the veiled truths and profound impact resonating within ab muscles fabric of each and every word. Within the psychological depths of the poignant evaluation, we shall embark upon a honest exploration of the book is primary subjects, dissect its fascinating publishing fashion, and succumb to the strong resonance it evokes heavy within the recesses of readers hearts.

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