

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

Rachel Sandford



Guide Mindfulness Meditation:

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

In a digitally-driven world wherever displays reign great and immediate connection drowns out the subtleties of language, the profound secrets and psychological subtleties hidden within words usually move unheard. Yet, nestled within the pages of **Guide Mindfulness Meditation** a interesting literary value blinking with organic thoughts, lies a fantastic quest waiting to be undertaken. Published by a skilled wordsmith, this charming opus invites readers on an introspective trip, delicately unraveling the veiled truths and profound affect resonating within ab muscles material of every word. Within the mental depths of the touching evaluation, we shall embark upon a genuine exploration of the book is key styles, dissect its fascinating writing type, and yield to the effective resonance it evokes strong within the recesses of readers hearts.

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