

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.

Illustrated Guide Mindfulness Meditation

PT Brinkman



Illustrated Guide Mindfulness Meditation:

Unveiling the Power of Verbal Beauty: An Psychological Sojourn through **Illustrated Guide Mindfulness Meditation**

In a world inundated with screens and the cacophony of quick conversation, the profound energy and psychological resonance of verbal beauty usually disappear into obscurity, eclipsed by the continuous assault of sound and distractions. Yet, nestled within the musical pages of **Illustrated Guide Mindfulness Meditation**, a captivating work of fictional splendor that pulses with natural thoughts, lies an wonderful trip waiting to be embarked upon. Penned with a virtuoso wordsmith, that mesmerizing opus courses readers on a mental odyssey, softly exposing the latent possible and profound influence stuck within the intricate internet of language. Within the heart-wrenching expanse of this evocative analysis, we shall embark upon an introspective exploration of the book is main styles, dissect their interesting writing model, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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