

# 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.

# Mindfulness Meditation Illustrated Guide

**Chao Zhang**



## **Mindfulness Meditation Illustrated Guide:**

## Adopting the Track of Term: An Emotional Symphony within **Mindfulness Meditation Illustrated Guide**

In a world taken by displays and the ceaseless chatter of fast communication, the melodic elegance and emotional symphony produced by the prepared word usually diminish into the backdrop, eclipsed by the constant noise and disturbances that permeate our lives. Nevertheless, situated within the pages of **Mindfulness Meditation Illustrated Guide** a wonderful literary prize brimming with raw thoughts, lies an immersive symphony waiting to be embraced. Constructed by an outstanding composer of language, that captivating masterpiece conducts visitors on a mental trip, well unraveling the hidden songs and profound impact resonating within each cautiously constructed phrase. Within the depths of the moving review, we can investigate the book's main harmonies, analyze their enthralling publishing model, and surrender ourselves to the profound resonance that echoes in the depths of readers' souls.

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