

# 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

**The Mindfulness Project**



## **Mindfulness Meditation Illustrated Guide:**

## Whispering the Techniques of Language: An Psychological Journey through **Mindfulness Meditation Illustrated Guide**

In a digitally-driven world wherever monitors reign great and instant transmission drowns out the subtleties of language, the profound techniques and mental subtleties hidden within words frequently get unheard. Yet, situated within the pages of **Mindfulness Meditation Illustrated Guide** a captivating fictional prize blinking with organic thoughts, lies an extraordinary journey waiting to be undertaken. Published by a skilled wordsmith, that charming opus attracts visitors on an introspective journey, softly unraveling the veiled truths and profound affect resonating within the cloth of each word. Within the psychological depths of the touching review, we will embark upon a honest exploration of the book is primary themes, dissect their fascinating writing model, and yield to the strong resonance it evokes deep within the recesses of readers hearts.

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