

CALMING 5 MINUTE RIVER MEDITATION

If you're feeling overwhelmed, stop for five minutes. Find a quiet spot, sit down and place your feet on the floor.

STEP 1: *Start by simply focusing on your breath for a few moments.*

STEP 2: *Close your eyes and imagine your thoughts, tasks, "to do's" etc as a river raging around you.*

STEP 3: *Slowly begin to make the river calmer and calmer until it is a quiet, gently flowing stream.*

STEP 4: *Once it is a gentle stream, imagine it getting smaller and trickling into a beautiful, quiet, still pond.*

STEP 5: *Now you are ready to continue with your day - one thing at a time.*

Stories Mindfulness Meditation

Terry C. Jones



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Eventually, you will unconditionally discover a other experience and attainment by spending more cash. still when? pull off you understand that you require to get those every needs next having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will lead you to understand even more something like the globe, experience, some places, with history, amusement, and a lot more?

It is your unquestionably own era to perform reviewing habit. accompanied by guides you could enjoy now is **Stories Mindfulness Meditation** below.

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