

A person is seen from behind, sitting in a meditative lotus position on a field of purple flowers. They are facing a calm lake with a dense forest of trees in the background. The scene is bathed in the soft, golden light of a sunrise or sunset, with a misty atmosphere over the water. The overall mood is peaceful and serene.

Mindfulness Meditation

— Guided 10 Minutes —

Mindfulness Meditation 2026 Guide

Thomas A. Wadden, George A. Bray



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