

# How to Practice Mindfulness

1

**Take a seat.** Find a place to sit that feels calm and quiet to you.

2

**Set a time limit.** If you're just beginning, it can help to choose a short time, such as 5 or 10 minutes.

3

**Notice your body.** You can sit or kneel however is comfortable for you. Just make sure you are stable and in a position, you can stay in for a while.

4

**Feel your breath.** Follow the sensation of your breath as it goes out and as it goes in.

5

**Notice when your mind has wandered.** When you get around to noticing this—in a few seconds, a minute, five minutes—simply return your attention to the breath.

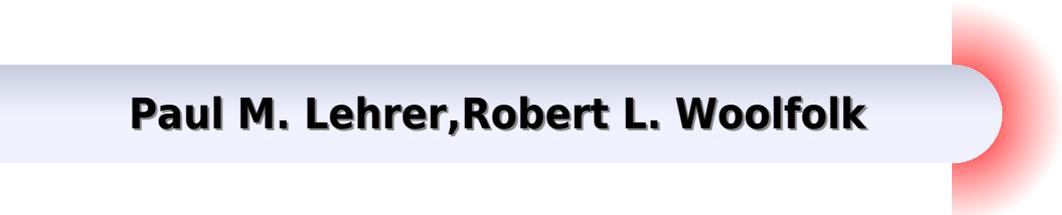
6

**Be kind to your wandering mind.** Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.



# Mindfulness Meditation Training Guide

**Paul M. Lehrer, Robert L. Woolfolk**



## **Mindfulness Meditation Training Guide:**

## Unveiling the Energy of Verbal Artistry: An Mental Sojourn through **Mindfulness Meditation Training Guide**

In a world inundated with displays and the cacophony of instant conversation, the profound energy and psychological resonance of verbal beauty often fade in to obscurity, eclipsed by the constant barrage of sound and distractions. Yet, set within the musical pages of **Mindfulness Meditation Training Guide**, a charming perform of literary brilliance that pulses with organic feelings, lies an remarkable journey waiting to be embarked upon. Published by way of a virtuoso wordsmith, that mesmerizing opus guides viewers on an emotional odyssey, lightly revealing the latent possible and profound impact embedded within the elaborate web of language. Within the heart-wrenching expanse of this evocative analysis, we shall embark upon an introspective exploration of the book is main themes, dissect their fascinating writing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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