

One-Minute Mindfulness Meditation

Clear your mind and learn how to relax with these one-minute mindfulness meditation techniques!

Preparation

- ☀ Go to a quiet space.
- ☀ Set your timer for 1 minute and 20 seconds. (You may need the extra 20 seconds to get ready)
- ☀ Sit in a comfortable position.
- ☀ Close your eyes - or open them, focused on one spot.

Gratitude Meditation

- ☀ Inhale through your nose and exhale through your mouth.
- ☀ Count 1-2-3 as you breathe in and 1-2-3 as you breathe out.
- ☀ Feel yourself relax as you continue breathing.
- ☀ Think of the things that you are most grateful for. Chase away the negative thoughts.
- ☀ Anchor on your breathing as you continue to build a positive energy.

Mindful Breathing

- ☀ Inhale through your nose and exhale through your mouth.
- ☀ Count 1-2-3 as you breathe in and 1-2-3 as you breathe out.
- ☀ Feel how the breathing pattern affects your body and your thoughts.
- ☀ Chase away the distractions that crowd in (ex, wind blowing on your face, phone ringing, dogs barking)
- ☀ Focus on your breathing. Thoughts naturally appear but don't drift away. Anchor your attention on your breathing pattern.



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Mindfulness Meditation Guide

S Marginson



Mindfulness Meditation Guide:

Embracing the Tune of Expression: An Psychological Symphony within **Mindfulness Meditation Guide**

In a world consumed by monitors and the ceaseless chatter of quick transmission, the melodic elegance and emotional symphony developed by the written term often fade in to the background, eclipsed by the persistent sound and interruptions that permeate our lives. Nevertheless, situated within the pages of **Mindfulness Meditation Guide** a stunning literary treasure overflowing with fresh feelings, lies an immersive symphony waiting to be embraced. Constructed by an outstanding musician of language, that fascinating masterpiece conducts viewers on an emotional trip, skillfully unraveling the concealed tunes and profound affect resonating within each carefully constructed phrase. Within the depths with this moving evaluation, we will discover the book is key harmonies, analyze their enthralling publishing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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