

TEN STEPS TO MINDFULNESS MEDITATION



Create time & space.
Choose a regular time each day for mindfulness meditation practice, ideally a quiet place free from distraction.



Set a timer.
Start with just 5 minutes and ease your way up to 15-40 minutes.



Find a comfortable sitting position.
Sit cross-legged on the floor, on the grass, or in a chair your feet flat on the ground.



Check your posture.
Sit up straight, hands in a comfortable position. Keep neck long, chin tilted slightly downward, tongue resting on roof of mouth. Relax shoulders. Close eyes or gaze downward 5-10 feet in front of you.



Take deep breaths.
Deep breathing helps settle the body and establish your presence in the space.



Direct attention to your breath.
Focus on a part of the body where the breath feels prominent: nostrils; back of throat; or diaphragm. Try not to switch focus.



Maintain attention to your breath.
As you inhale and exhale, focus on the breath. If attention wanders, return to the breath. Let go of thoughts, feelings or distractions.



Repeat steps 6-7.
For the duration of meditation session. The mind will wander. Simply acknowledge this and return to your breath.



Be kind to yourself.
Don't be upset if focus occasionally drifts or if you fall asleep. If very tired, meditate with eyes open and rearrange posture to more erect (but still relaxed) position.



Prepare for a soft landing.
When the timer goes off, keep eyes closed until you're ready to open them. Be thankful. Acknowledge your practice with gratitude.

Guide Mindfulness Meditation

Lauren Gardner



Guide Mindfulness Meditation:

The book delves into Guide Mindfulness Meditation. Guide Mindfulness Meditation is an essential topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Guide Mindfulness Meditation, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Guide Mindfulness Meditation
- Chapter 2: Essential Elements of Guide Mindfulness Meditation
- Chapter 3: Guide Mindfulness Meditation in Everyday Life
- Chapter 4: Guide Mindfulness Meditation in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Guide Mindfulness Meditation. This chapter will explore what Guide Mindfulness Meditation is, why Guide Mindfulness Meditation is vital, and how to effectively learn about Guide Mindfulness Meditation.
3. In chapter 2, this book will delve into the foundational concepts of Guide Mindfulness Meditation. This chapter will elucidate the essential principles that need to be understood to grasp Guide Mindfulness Meditation in its entirety.
4. In chapter 3, the author will examine the practical applications of Guide Mindfulness Meditation in daily life. This chapter will showcase real-world examples of how Guide Mindfulness Meditation can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Guide Mindfulness Meditation in specific contexts. This chapter will explore how Guide Mindfulness Meditation is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Guide Mindfulness Meditation. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Guide Mindfulness Meditation.

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