

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

G Psacharopoulos



Mindfulness Meditation Guide:

Reviewing **Mindfulness Meditation Guide**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Mindfulness Meditation Guide**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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