

Step By Step Beginner Meditation

GUIDE TO MINDFULNESS MEDITATION



1.) PHYSICALLY PREPARE YOURSELF

Find a safe, comfortable place. Scan for tension from head to toe, allowing muscles to relax. Keep your back straight, not stiff. Rest your arms in your lap, loosen your hands. Soften your facial muscles. Unclench your teeth. Gently close your eyes.

2.) MENTALLY PREPARE YOURSELF

Leave behind what's already happened today, put aside thoughts of what will happen later. Do not give any attention to thoughts or emotions that arise. Release judgments and opinions. Set an intention for your practice.



3.) FOLLOW YOUR BREATH

Fully exhale all the air in your lungs; empty them entirely. Slowly breathe in fresh, clean air through your nose, until your lungs are completely full. At the top of the breath, pause for just a moment. Then slowly exhale all the air again through your nose.

4.) CHECK IN AND REPEAT

Practice deep breathing, ideally for 20 minutes. If you catch yourself lost in thought, simply redirect your attention back to your breath. You will likely need to do this several times during your practice. Now is a time for relaxation, not deep thinking.



5.) CLOSE WITH GRATITUDE

Take one last deep breath and smile. Thank yourself for taking this time to meditate. Gradually bring awareness back into your body. Resist the temptation to label your session as "good," or "bad." Be proud of yourself for making the effort.

5.) PRACTICE AGAIN TOMORROW

Go about your activities with a renewed sense of peace and happiness. Become aware of the impact of your thoughts and judgments. Commit to showing up for your meditation practice again tomorrow. And the next day.



Mindfulness Meditation Step By Step

K Morrison



Mindfulness Meditation Step By Step:

Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **Mindfulness Meditation Step By Step**

In a world inundated with screens and the cacophony of fast communication, the profound energy and psychological resonance of verbal art frequently disappear into obscurity, eclipsed by the regular barrage of sound and distractions. Yet, set within the musical pages of **Mindfulness Meditation Step By Step**, a interesting function of literary brilliance that impulses with fresh feelings, lies an unforgettable trip waiting to be embarked upon. Composed with a virtuoso wordsmith, that interesting opus courses visitors on a psychological odyssey, delicately revealing the latent potential and profound influence embedded within the delicate web of language. Within the heart-wrenching expanse of this evocative evaluation, we will embark upon an introspective exploration of the book is main themes, dissect their charming publishing model, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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