

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.

Being Awesome Mindfulness Meditations Kids

Tracy Bryan



Being Awesome Mindfulness Meditations Kids:

The book delves into Being Awesome Mindfulness Meditations Kids. Being Awesome Mindfulness Meditations Kids 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 Being Awesome Mindfulness Meditations Kids, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Being Awesome Mindfulness Meditations Kids
 - Chapter 2: Essential Elements of Being Awesome Mindfulness Meditations Kids
 - Chapter 3: Being Awesome Mindfulness Meditations Kids in Everyday Life
 - Chapter 4: Being Awesome Mindfulness Meditations Kids in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Being Awesome Mindfulness Meditations Kids. The first chapter will explore what Being Awesome Mindfulness Meditations Kids is, why Being Awesome Mindfulness Meditations Kids is vital, and how to effectively learn about Being Awesome Mindfulness Meditations Kids.
 3. In chapter 2, this book will delve into the foundational concepts of Being Awesome Mindfulness Meditations Kids. The second chapter will elucidate the essential principles that must be understood to grasp Being Awesome Mindfulness Meditations Kids in its entirety.
 4. In chapter 3, the author will examine the practical applications of Being Awesome Mindfulness Meditations Kids in daily life. The third chapter will showcase real-world examples of how Being Awesome Mindfulness Meditations Kids can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Being Awesome Mindfulness Meditations Kids in specific contexts. This chapter will explore how Being Awesome Mindfulness Meditations Kids is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Being Awesome Mindfulness Meditations Kids. This chapter will summarize the key points that have been discussed throughout the book.
- This 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 Being Awesome Mindfulness Meditations Kids.

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