

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

Ensheng Dong



Being Awesome Mindfulness Meditations Kids:

Embracing the Track of Phrase: An Emotional Symphony within **Being Awesome Mindfulness Meditations Kids**

In some sort of taken by monitors and the ceaseless chatter of quick communication, the melodic elegance and emotional symphony created by the written term usually diminish in to the backdrop, eclipsed by the constant noise and distractions that permeate our lives. However, located within the pages of **Being Awesome Mindfulness Meditations Kids** a marvelous literary value filled with organic thoughts, lies an immersive symphony waiting to be embraced. Crafted by a wonderful composer of language, that interesting masterpiece conducts readers on a psychological journey, well unraveling the hidden tunes and profound influence resonating within each cautiously crafted phrase. Within the depths with this moving examination, we will discover the book is main harmonies, analyze its enthralling publishing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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