



7 TAGE Meditations-Challenge

Dein Guide zur achtsamen Meditation

VORBEREITUNG

Plane zuerst deine tägliche Meditation. Trage sie im Kalender ein, damit du dir bewusst Zeit dafür nimmst. Suche dir nun einen ruhigen Platz wo du meditieren möchtest. Verwende einen Polster oder ein Meditationskissen für eine bequeme Meditation. Stelle Kerzen

oder Räucherstäbchen bereit, um für eine entspannte Atmosphäre zu sorgen. Setze dich für die Meditation im Schneidersitz auf dein Kissen, sodass deine Hüfte etwas erhöht ist. Richte dich auf, lege deine Hände auf deine Oberschenkel oder ineinander.

LOS GEHT'S

1

Sei achtsam. Lerne Achtsamkeit, indem du dich 1 Minute lang nur auf deinen Atem konzentrierst.

3

Führe deinen Fokus. Meditiere für 3 Minuten. Wenn Gedanken auftauchen, nimm sie wahr und leite deinen Fokus wieder zu deinem Atem zurück.

5

Sei neugierig. Meditiere 5 Minuten und bleibe bei jeder Meditation neugierig, auch wenn sie sich anfühlt, wie die Meditationen zuvor.

7

Sei dankbar. Meditiere für 10 Minuten und sei dankbar für alles, was du während dieser Challenge erreicht hast.

2

Bewerte nicht. Übe 2 Minuten lang tiefes Ein- und Ausatmen. Egal welche Gedanken auftauchen, vermeide es, sie zu bewerten.

4

Beobachte deine Sinne. Meditiere 5 Minuten und akzeptiere die Signale deines Körpers, wenn du dich ungeduldig oder unruhig fühlst.

6

Nimm Emotionen wahr. Meditiere 7 Minuten und fühle all die Emotionen, die möglicherweise aufkommen.

Anleitung Zur Meditation

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