

# TEN STEPS TO MINDFULNESS MEDITATION



1

**Create time & space.**  
Choose a regular time each day for mindfulness meditation practice, ideally a quiet place free from distraction.



2

**Find a comfortable sitting position.**  
Sit cross-legged on the floor, on the grass, or in a chair your feet flat on the ground.



3

**Set a timer.**  
Start with just 5 minutes and ease your way up to 15-40 minutes.



4

**Take deep breaths.**  
Deep breathing helps settle the body and establish your presence in the space.

**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.



5

**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.



6

**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.



7

**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.



8

**Repeat steps 6-7.**  
For the duration of meditation session, the mind will wander. Simply acknowledge this and return to your breath.



9

**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.



10

**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.

# Tips Mindfulness Meditation

**Jone Hjorteland**

## **Tips Mindfulness Meditation:**

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**Mindfulness for Beginners:Practical Guide to Mindfulness Meditation and Productive Life** Martin Lippmann,2017-01-21 Mindfulness is not a destination it s a Journey Mindfulness is in the present moment Author Make your life easier with practising Mindfulness Meditation Because this allows you to have a positive mental and emotional outlook on your relationships your education your job or your career goals This book will not make every wish you have come true but it will show you how to dare to dream to reach for your goals no matter where or who you are Meditation is a good way to de stress and relax It is also ideal to use in recreating an individual

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meditations including the body scan meditation and mindful walking meditation as well as step by step advice on how to get the most out of mindfulness meditation ***Mindfulness for Insomnia*** Catherine Polan Orzech, William H.

Moorcroft, 2019-07-01 Break the cycle of anxious thinking and rumination that are at the root of insomnia In this much needed guide a trained mindfulness expert teams up with a behavioral sleep specialist to present evidence based meditations in an innovative four week protocol clinically demonstrated to address the emotional stresses and anxieties that lie at the root of sleep issues Following this guide readers will learn to unwind their mind relax their body feel less tense and finally get the sleep they need ***Worry-Free Living*** SREEKUMAR V T, 2025-01-23 Worry Free Living A Guide to Peace of Mind is

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**Become More Mindful In A Day For Dummies** Shamash Alidina, 2012-01-06 Discover how mindfulness can help you take care of

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