

# 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

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



3

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



4

**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

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



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

**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.



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

**Rhonda Gabrielle**

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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 a comprehensive and practical guidebook that offers valuable insights and strategies for overcoming worry anxiety and stress to live a more peaceful and fulfilling life Drawing on the latest research in psychology and mindfulness this book provides readers with a roadmap to understanding the root causes of worry and offers practical techniques for managing and reducing its impact on their lives The book covers a wide range of topics including understanding the psychology behind worry recognizing signs of chronic worry breaking the cycle of worry and cultivating mindfulness and positive thinking It also explores the importance of self compassion gratitude practices and building resilience in overcoming worry and anxiety Each chapter is filled with actionable advice real life examples and practical exercises to help readers apply the concepts discussed in their daily lives Whether you struggle with persistent worry or simply want to live a more mindful and peaceful life Worry Free Living A Guide to Peace of Mind provides the tools and guidance you need to transform your relationship with worry and embrace a life of peace and well being

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