



MINDFULNESS MEDITATION GUIDE

Exercises, Breathing, Reduce Stress & Anxiety

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What's mindfulness

This is a human ability which is basic to be able to be fully present, to be aware of what we are doing and to be able to know where we are without getting overwhelmed or over reactive with what's around us.

Though we possess it naturally but is very much available to us if we do practice about it every day.

When awareness is brought to what we are experiencing directly through our senses or our state of mind through our emotions and thoughts, it shows you are mindful. There is a research which says the more you train the brain to get mindful, the more the physical structure of the brain is being remodeled.

What's meditation

Meditation is not something that is fixed is about you exploring. Your brain doesn't just get cleaned and free of thoughts because it's a place that is very special where every moment is registered. When meditating, we go through our minds workings which is—our sensations (a smell that is harsh coming into the room or air be blown on our skin), our thoughts (wouldn't be somehow seeing a snake dancing) and our emotions (hate that, love this, loathe that, crave this).

Mindfulness meditation is asking us to suspend our judgment and release our curiosity about of the mind works, reaching our experiences with kindness and warmth to others and ourselves too.

How can I practice meditation and mindfulness?

Mindfulness is very much available to us. It can either be through body scans and meditations or taking practices of the mindful moment such as you taking your time to pause a bit and breathe when you hear your phone ringing rather than running to pick up the phone.

The Basics of Mindfulness Practice

Mindfulness aids us to leave some space between our reactions and ourselves by breaking down our responses which are conditioned.

Listed below are ways you can get into mindfulness:

Put some time aside: its not compulsory you look for a cushion or a bench, or any special equipment for you to gain access to your skills. You just need to put aside some space and time
Observe the present moment: the goal is not to let your mind be quiet or you being in a state of calm. The aim is to pay attention to the moment at present without being judgmental.

Allow your judgment to come in: when we observe that during practice that judgments arise, we try and write them down and allow it to pass
Return to observing the moment: when we are in thoughts are minds get carried away often. That's the reason mindfulness is a practice of you returning every time to the moment at present.

Be kind to your mind that is wandering: whatsoever that comes up into your mind, don't let yourself be judged. Just know when your mind has wandered off, and bring it back gently.

That's how mindfulness is being practiced. Though it looks simple it isn't that easy. Just keep practicing it. Results will come.

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