

# 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.

## 6 Guide Mindfulness Meditation

**Ronald E. Purser, David Forbes, Adam  
Burke**



## 6 Guide Mindfulness Meditation:

*Oxford Guide to Low Intensity CBT Interventions* James Bennett-Levy, 2010-05-13 The Oxford Guide to Low Intensity CBT Interventions is the first ever comprehensive guide to Low Intensity CBT. It brings together researchers and clinicians who have led the way in developing evidence based low intensity CBT treatments for those who have hitherto had no access to mental health services. *Meditation for Beginners: A Step-by-Step Guide to Inner Peace* Ahmad Musa, 2024-12-21

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Waelde, 2021-11-19 This complete therapist guide presents an evidence based group program developed over two decades to support resilience and recovery in people who have experienced trauma. *Inner Resources for Stress* (IR) weaves mindfulness, mantra repetition and other meditative practices into nine structured yet flexible sessions. IR is a developmentally informed, culturally responsive approach grounded in cognitive behavioral conceptualizations of trauma. In a convenient, large size format, the book includes assessment guidelines, session agendas, scripts for meditation practices and a reproducible session by session Participant Guide for clients. Purchasers get access to a companion website where they can download printable copies of the reproducible materials as well as audio tracks of the guided practices. *Break Free from Anxiety's Grip: Rapid Relief Strategies for a Calmer Mind and Body*, Are you ready to dive into a new area of knowledge or explore the world of Mental Health? Whether you are seeking to expand your understanding of Anxiety or master a new skill, this book is your ultimate guide. *Calming the Storm Within: Proven Strategies to Overcome Anxiety and Live a Worry Free Life* offers a comprehensive journey through themes like Rapid Relief, Calmer Mind, Body, providing a clear roadmap to help you succeed. Whether you are just starting out or looking to deepen your expertise, this resource will equip you with essential tools for growth and success. *Break Free from Anxiety's Grip: Rapid Relief Strategies for a Calmer Mind and Body* is the ideal resource for anyone eager to enhance their understanding of Anxiety through the valuable insights provided by Rapid Relief.

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Handbook of Mindfulness Ronald E. Purser,David Forbes,Adam Burke,2016-10-25 This handbook explores mindfulness philosophy and practice as it functions in today s socioeconomic cultural and political landscape Chapters discuss the many ways in which classic concepts and practices of mindfulness clash converge and influence modern theories and methods and

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