

A stylized illustration of a woman with long dark hair, wearing a yellow-orange top, sitting in a meditative pose with her eyes closed. The background is a dark blue gradient with a large, light green circular shape behind the text.

How to Practice Mindfulness Meditation

1. Set a timer for five minutes to start.

(You have one on your smart-phone)

2. Sit with your spine erect (straight).
Posture is important.

3. Notice and then concentrate on your
breath as best as you can.

4. Your mind will go crazy.
It doesn't like this (that's your ego)

5. Notice your mind going crazy,
then return to your breath.

6. Your mind will go crazy again.

7. Again, return to your breath.

8. It's all about returning
to your breath.

9. Repeat this until the timer goes off.

Mindfulness Meditation For Beginners

Roman McNaughton



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