

Quick Start to Mindfulness Meditation

Volume 1

Learn how to meditate with
simple instructions for beginners

*“Begin Your Journey
to Inner Peace”*

Charles A. Francis
The Mindfulness Meditation Institute

Quick Start Mindfulness Meditation

Ken Colwell



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Guided Meditation: A Mindfulness Meditation Guide for Stress Relief, Stop Anxiety and Depression (Mindfulness Meditation to Anxiety in Relationship With Self-hypnosis, Deep Sleep, Confidence to Cure Depression and Stress) Raymond Chandler, 2021-09-17 We will discover how the simplest of exercises can free you from the shackles of anxiety depression and insomnia And more we learn that not only can Guided Meditation and related exercises ease mental suffering but how more recent findings prove their indisputable positive effect on cancers and other debilitating diseases We find that the work of Buddhist monks has not only served as a lifelong dedication to their religious conviction but has also significantly altered the physical structure and activity within their brains You may have previously considered the developed brain an unchanging organ if nothing else let this book serve to prove this notion happily false Fall asleep faster and fall asleep instantly Learn the best meditation technique used to counter anxiety Get better sleep for hours and hours Sleep anywhere you want Use hypnosis therapy as a sleep medication Increase inner peace Practice mindfulness With this guide you will be guided through a self healing process a restoration process where you will recognize the old as it was and become a new happier better version of yourself You will release the shackles of the past and find joy and contentment in who you have become

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