

PRACTICAL TIPS FOR MINDFULNESS



1 START YOUR DAY WITH MEDITATIONS:

When you first wake up and open your eyes, pause and take 3 deep breaths. This allows you to reconnect with your body. Recognise your thoughts and try and accept them for what they are.



2 USE BREATHING SPACES TO PUNCTUATE YOUR DAY:

Use breathing spaces at predetermined intervals throughout the day. This helps you reestablish connection with your body.



3 MAINTAIN YOUR MINDFULNESS PRACTICE:

As best you can continue practicing and training. This will help you maintain a state of mindfulness throughout as much of your day as possible.



4 BEFRIEND YOUR FEELINGS:

Whatever feelings come your way throughout the day, try to befriend them. Be open and welcoming to even the bad feelings.



7 INCREASE YOUR LEVEL OF EXERCISE:

See if you can bring a mindful and curious attitude to your body as you exercise.



6 MINDFUL ACTIVITIES:

Try and stay in mindfulness throughout as much of the day as you can. If you're outside, take in all the smells and sensations associated. Even dull tasks like washing dishes, feel the sensations as you work.



5 WHEN YOU FEEL TIRED, FRUSTRATED, ANXIOUS OR ANGRY, TAKE A BREATHING SPACE:

This will help to ground you again. You can also perform some basic stretches when feeling tired or like you are lacking energy.



Mindfulness Meditation Tips

Bhante Gunaratana



Mindfulness Meditation Tips:

Unveiling the Power of Verbal Artistry: An Emotional Sojourn through **Mindfulness Meditation Tips**

In some sort of inundated with monitors and the cacophony of instantaneous interaction, the profound power and emotional resonance of verbal beauty usually diminish into obscurity, eclipsed by the constant onslaught of sound and distractions. However, nestled within the musical pages of **Mindfulness Meditation Tips**, a charming perform of fictional elegance that impulses with natural emotions, lies an remarkable trip waiting to be embarked upon. Penned by a virtuoso wordsmith, this interesting opus courses viewers on a mental odyssey, delicately revealing the latent potential and profound impact stuck within the complex internet of language. Within the heart-wrenching expanse of the evocative examination, we can embark upon an introspective exploration of the book is central themes, dissect its interesting publishing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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