

MINDFULNESS MEDITATION



A FEW NOTES BEFORE YOU BEGIN

During this practice, your mind will try to distract you with different thoughts. Often these thoughts show up as worries, to-do's, or any other distracting material that your mind can come up with.

The goal is not to avoid all thoughts. The goal is to notice the thoughts, and without judgement, gently turn your attention back to your breath - allowing the thought to float away.

This is going to be harder than it sounds. And it's very likely that at first, the thoughts will boomerang back to you.

That's completely normal and is actually an essential part of the process. The goal of meditation is not to have a completely clear mind; the goal is to learn how to not attach to every thought that presents itself.

Research shows that as people practice this type of meditation, an area in their brain called their prefrontal cortex begins to develop further. This part of the brain makes it easier to concentrate, and therefore makes meditation techniques like this one more effortless.

THE TECHNIQUE

1. Sit in a comfortable position
2. Relax your body
3. Gently bring your attention to your breath
4. Notice your breath as you inhale
5. Notice the gentle pause as the top of your breath as your breathing shifts from inhale to exhale
6. And now notice your breath as you exhale
7. Continue steps 4-6 for five to ten minutes.

RELAX YOUR MIND

