

Mindfulness Meditation

If you are up for the challenge there is also tremendous benefit to practicing a **mindfulness meditation**. Once you have gotten comfortable put on the headphones, turn on the audio at a volume comfortable for you, and then practice any one of the following mindfulness meditation techniques...

1) Begin by **closing** your eyes and watching **your breath**. Remind yourself to **relax** and then start to pay attention to any **thoughts** that show up. Do not attempt to change the thoughts or analyze them, just notice them. Become curious about what thought shows up next. You can ask yourself questions like, **'I wonder what the next thought will be'** or 'I wonder where that thought had been hiding'. After a while the thoughts will tend to slow down and that is great. Just keep waiting for the next one to appear.

2) Watching **your breath** for a moment or two is also the way to begin this **second technique**. As you watch your breath without attempting to change it you will discover that it naturally begins to **slow and deepen**.

Remind yourself to **relax** and then, with curiosity, begin to notice how the different parts of **your body feel**. Bring your attention to your feet for several breaths and note what is being experienced there.

Pay attention to whether or not the **sensations** in the feet remain the same or change with each breath. Then move your attention to your calves, your knees, your thighs, each time resting for as many breaths as feel comfortable and noticing whatever there is to notice.

Continue to work yourself slowly up your body and once you reach the top of your head allow your focus to move where ever it wants within the body. Get curious about the sensations and just watch to see what happens.

3) For this **third exercise** you may keep your eyes either open or closed. As before begin with the **breath** and allow it to naturally **slow and deepen**. And then ask yourself the following questions and after each question allow the space for whatever answers show up to appear.

- **What do I see in this moment now?**
- **What do I hear?**
- **What can I smell?**
- **What do I feel?**
- **What do I know for sure?**

Mindfulness Meditation practices are designed to bring your focus entirely into the present moment. If you take even a moment to think about it you will discover that things are always ok in the present moment (just ask yourself at any given moment, **Am I OK Now?**). What you will discover is that all the thoughts that tell you things are not OK are either buried in the past (I can't believe he did that to me) or projecting out into the future (how I am going to pay the bill due tomorrow).

Mind Body Spirit Music System User Guide

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