

5

Elements of MEDITATION



ATTENTION

Choosing an anchor, your breath for example, is a useful starting point for meditation. Whenever you focus on or return to your anchor you flex and strengthen your attention.



DETACHMENT

Whenever you connect to your anchor you let go of other thoughts. This release of external ideas while connecting to the present moment is detachment.



MINDFULNESS

Whenever you notice your mind wandering away from your anchor you become aware of distraction. Recognizing distraction then returning to your anchor is the essence of mindfulness.



WISDOM

Whenever you notice *what* has drawn your attention away from your anchor you gain insight into your thought process. Awareness of, then choosing to actively manage your thoughts leads to wisdom.



SELF-COMPASSION

Whenever you realize your attention has wandered then choose to extend kindness to yourself, rather than criticism, as you return to your anchor, you cultivate self-compassion.

Elements Of Meditation

Hyun-Soo Jeon



Elements Of Meditation:

Unveiling the Magic of Words: A Report on "**Elements Of Meditation**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Elements Of Meditation**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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