

6 STEP BASIC BREATH AWARENESS MEDITATION

Breath awareness is a simple but powerful breathing meditation technique that puts the mind back into contact with the breath. It will make you more aware of your body and your physical being, and it will focus and relax your mind.

1

Set a timer for 3 minutes.

Make sure you're in a space free from distractions and that the temperature of the room is comfortable for you. Choose a comfortable place to sit.

2

Sit comfortably with your eyes closed.

Focus your attention on the present moment ... on sights, sounds and sensations. Thoughts will come up; simply ask these thoughts to slow down.

3

Focus your attention on your breath.

Observe your breath moving smoothly in and out of your body. Just simply observe it, like sitting on the shore of the ocean watching the waves coming and going.

4

Bring your mind back to the breath.

When your mind wanders, you may momentarily forget to focus on your breath. Simply bring your mind back to the present moment and back to your breath. Always return to the breath.

5

Let go of thoughts and feelings.

When thoughts and feelings come up, observe them, but do not attach to them. Non-attachment is observing from a distance. Just let the thoughts and feelings go. It's just a thought; nothing more.

6

Continue the meditation.

For 3 minutes, continue in this manner. Simply relax, breathe, focus, and let go, repeating the steps as necessary. Relax. Breathe. Focus. Let go.

Guided Relaxation And Breathing

Clemens Wendtner



Guided Relaxation And Breathing:

The Top Books of the Year Guided Relaxation And Breathing The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels enthralling the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the engaging narratives that have enthralled audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens' "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and thrilling novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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