

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

Michael Brown



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