SOULUMINOUS
NATURAL THERAPIES

MINDFULNESS MEDITATION

For Beginners

A Simple Guide to Mindfulness Meditation
Practice Journal Included

souluminous.net.au

TABLE OF CONTENTS

- Understanding Mindfulness 4
  - 8 Attitudes of Mindfulness 5
- Meditation Posture 8
- Mindfulness Meditation 9
  - Mindful Breathing 10
  - Mindfulness of Sensations 10
  - Mindful Hearing 11
  - Mindfulness of Thoughts & Emotions 11
  - Choiceless Awareness 12
- Sitting Meditation Instructions 13
- Meditation Journal 17

A Beginner's Guide to

Mindful MEDITATION

Congratulations on your decision to enhance your personal growth through mindfulness. Keep in mind that mindfulness doesn't happen overnight. It requires consistent, daily practice.

If you're short on time, studies show it's better to spend 10 minutes on mindfulness each day, than to push for a longer session just once per week.

May this eBook motivate you and benefit your personal, daily practice!

Understanding

Mindfulness

Mindfulness is described by Jon Kabat-Zinn as “awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally.”

Mindfulness Practice

Often Embodies The Following Eight Attitudes

1. **Learner's Mind** – Seeing everything as new and interesting
2. **Nonjudgmental** – Avoiding labels of right or wrong, good or bad
3. **Acknowledgment** – Recognizing things as they are
4. **Settled** – Being grounded and comfortable in the moment
5. **Composed** – Remaining patient and in control
6. **Letting Be** – Letting things be with no need to change them
7. **Self-Reliant** – Deciding on your own, from your own experiences, what is true or not
8. **Self-Compassionate** – Loving yourself, your thoughts and emotions as they are

Mindfulness

Exercises

Take a moment to examine these attitudes in regard to your current state of mind. Write down the attitudes you wish to cultivate more of in your mindfulness practice.

A Beginner's Guide to

Mindful MEDITATION

Once you begin to recognize the eight attitudes of mindfulness, it will become easier for you to apply these attitudes of mindfulness into your activities and with other people.

- **learner's mind**
- **nonjudgmental**
- **acknowledgment**
- **settled**
- **composed**
- **letting be**
- **self-reliant**
- **self-compassionate**

Applying mindfulness during daily life is not always easy. Meditation helps us practice mindfulness in a more quiet space, where we're less apt to be distracted.

Meditation Posture:

There are several body positions that work well for mindfulness practice.

- You can stand, sit or lie down to meditate.
- You can close your eyes or keep them open while you meditate.
- Choose a comfortable position to avoid the distraction of discomfort.
- If sleepiness is a problem for you during meditation, you may try meditation while standing or try keeping your eyes open.
- Find a quiet place to meditate where you can be free from distractions and can concentrate solely upon yourself.

Write down your thoughts about what body position you think will work best for you, and where you might set up to meditate. Make a checklist of things you may need prior to beginning meditation.

Mindfulness
MEDITATION

The following are some different types of mindfulness meditation. These meditations can be practiced one by one, or you can progress through each within a single session.

Mindful Breathing

Sitting meditation typically begins with mindfulness of breathing. The breath is a good object on which to practice focused attention, because the breath is always available. Notice too, how the breath is in a constant state of change, as is everything in life.

Mindfulness of Sensations

Next, become aware of mindful sensations. Which sensations are prevalent at this moment? Noticing sensations as they come and go throughout the body makes this exercise more insightful of the present moment experience. Sensations may be either pleasant, unpleasant, or neutral. With mindfulness meditation, instead of analyzing the sensations, you simply acknowledge them.

Mindful Hearing

Next, become aware of sound. As with sensation, apply the eight attitudes of mindfulness. Refrain from judging sound, and instead, simply notice what is present. Even in a soundproof room, you'd still hear internal sounds such as your heartbeat or your breath.

Mindfulness of Thoughts & Emotions

Next, become mindful of thoughts and emotions. Focus your attention on the mind and the thought process itself. Just like the breath, sensations and sound, thoughts and emotions are always changing. Experience the thought process itself, versus becoming engaged in thoughts or emotions.

Choiceless Awareness

Finally, practice resting in choiceless awareness. Choiceless awareness is being mindful of whatever arises moment to moment. Whether in the mind and body, whether a sensory phenomenon, thought or emotion.

If nothing is especially dominant to draw your focus, you can always go back to the breath – or sensations, sounds, thoughts or emotions - to anchor yourself to the present moment.

Sitting Meditation Instructions

Sit in a comfortable position that will allow you to remain alert, and then focus your concentration on the following exercise.

- As you bring yourself into the present moment, check the mind and body for things you have carried throughout the day – perhaps things that have been going on recently or thoughts from the events of the day.

- Whatever the thoughts and feelings are, simply acknowledge them and allow them to be, without any analysis or judgment.

- Bring awareness to your breathing. Just breathe naturally and normally, without trying to control it; being mindful of the breath rising and falling as you inhale and exhale. As you breathe in, focus on breathing in. As you breathe out, focus on breathing out. Simply concentrate on the breath, breathing in and breathing out.

- Now gently shift your focus from the breath and bring it to sensations in the body. Observe and acknowledge the myriad of sensations flowing through the body as they change with each moment.

- If you find areas of tightness and tension with your body check try to allow them to soften and relax.

READ MORE

Sitting Meditation Instructions Continued

- If you are not able to soften and relax, acknowledge the sensations and allow them to flow wherever they need to go and do whatever they need to do.

- Now draw attention to hearing, observing all sounds without ambivalence. Break the sounds down to basic sound waves that can be heard with the body. Acknowledge the multitude of varying sounds, internal and external, moment to moment.

- Notice how the sounds change with each moment, whether internal or external, the sounds rise and fall. Hear them appear and disappear, just sounds.

- Now gently shift your focus to emotions and thoughts. Observe the mind without judgment; simply acknowledge the myriad of mental formations with each moment. Like lying in a field and watching the clouds move and change shape as they float by, watch the activity of the mind in the same manner.

- Notice how thoughts rise and form in the mind then recede when another thought takes over.

READ MORE

Sitting Meditation Instructions Continued

- The mind is constantly thinking about this and that, functioning with a mind of its own, analyzing, planning, remembering, comparing, etc. Experience how these thoughts appear and disappear as just thoughts.

- As you observe and experience your thoughts and emotions, try to just let them be, knowing they will appear, disappear and recede in time. If you do get caught up in thoughts and feelings, that is okay, this is simply a way of returning to the present moment. Once you realize you are lost in thought, in that very moment you are no longer lost! Simply refocus on mind observation, imaging thoughts and emotions as clouds, and letting them float on by.

- If you become frustrated with a wandering mind, perhaps a brief return to mindful breathing would help you center yourself again.

- Once you are again centered, withdraw awareness from mental events and focus on the present moment itself as your primary goal.

READ MORE

Sitting Meditation Instructions Continued

- Choiceless awareness invites you to become mindful of whatever arises with each moment, in the mind and body, whether a stream of emotions or thoughts, sensations, sounds or other sensory experiences. Just sit back and absorb the internal experience as body and mind combine and interact with constantly changing stimuli.

- Simply observe what is prevalent in the mind and body and be present to it. If nothing predominates and you are unfocused, go back to another object or focus on breathing to anchor yourself in the present moment. Sometimes there are thoughts and emotions or sensations and sounds but if nothing is occurring, you are always breathing and that can be your anchor in the sea of change in your body and mind.

- As you learn to give space to whatever is arising inside, without judgment, you can begin to go with the flow. Then instead of fighting against arising phenomena, you will begin to acknowledge and understand that all things change. Even feelings of anger, sadness, pain, anxiety and confusion will diminish if you give these feelings space.

- Now, withdraw focus from choiceless awareness and come back to the breath, feel the entire body rise up on inhalation and fall down on exhalation.

Sitting MEDITATION

Journal

After each sitting meditation practice, take some time to write about whatever came up for you emotionally, physically and mentally.

What do you hope to accomplish through

Mindfulness PRACTICE?

Do you see yourself making changes to better incorporate

Mindfulness PRACTICE?

into your daily life?

Remember, mindfulness practice is something you are doing for yourself and your well-being. It is important to maintain enthusiasm and dedication to your new practice when obstacles arise and daily tasks begin to get in the way.

Write down any obstacles or tasks that interfere with your daily mindful meditation exercises.

Write down any suggestions that might help you avoid this interference in the future.

Now that you have begun to enhance your personal growth and self-awareness through mindfulness, write down any differences you may have already noticed since beginning your journey.

SOULUMINOUS

NATURAL THERAPIES

Learn More

souluminous.net.au

Intuitive meditation Course