

3 MAIN STEPS OF MEDITATION



COMFORTABLE SITTING POSITION

Sitting in a straight back, knees crossed, hands on knees or mudra position, and eyes closed is the recommended sitting position.



FOCUS ON BREATHING

Concentrate on breathing. Inhale slowly and deeply, hold for a moment, and then exhale slowly as well.



MANAGE SCATTERED THOUGHTS

You can observe and monitor these thoughts without getting attached to them, and there's no need to reject or suppress them.

Mindfulness Meditation Step By Step

Fabrice Mielke



Mindfulness Meditation Step By Step:

Uncover the mysteries within Explore with is enigmatic creation, Embark on a Mystery with **Mindfulness Meditation Step By Step** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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