Mindfulness

Home Practice Session 5

1. Practice 20-30 minutes sitting meditation including sounds, then thoughts and feelings, at least twice this week.
2. On the other days do a 20-minute practice or two 10-minute practices. Try doing this without the audio recording – you can use a timer or an app on your phone to let you know when the chosen time is up.
3. Practice the 3 stage breathing space at least 3 times each day, either when you think of it, or connect it to daily activities (e.g. waking up, going to bed, before eating, sitting down etc)
4. Continue to practice the 3 stage breathing space whenever you notice unpleasant feelings or feel unbalanced or stressed. Explore ways of responding with greater mindfulness and more friendliness to yourself and the situation.
5. Practice deliberate moment-to-moment awareness from time to time during the day and explore options for responding with greater mindfulness and creativity: you can focus on the breath, sounds or body sensations to ground yourself in the here and now.

https://mindfulnessworks.com/mp31.php

<http://www.mindinsalford.org.uk/mindfulness/mindfulness-user-section/>password: m1nddownloads@

http://franticworld.com/free-meditations-from-mindfulness/