



# THE 5 STEPS OF MEDITATION

1

## FIND YOUR SPACE

Seek out a quiet and undisturbed environment that allows you to retreat from external distractions and cultivate a sense of calm and serenity.

2

## FIND YOUR POSE

Assume a comfortable position, such as sitting cross-legged or lying down, that allows you to be relaxed and alert.

3

## FOCUS ON BREATH

Direct your attention to the sensation of your breath, observing each inhalation and exhalation without judgment.

4

## ACKNOWLEDGE AND LET GO OF THOUGHTS

Notice any thoughts that arise during meditation, acknowledge them without getting attached, and gently let them go, returning your focus to the breath.

5

## STAY CONSISTENT

Regularly engage in meditation practice to cultivate a habit and experience the cumulative benefits it can offer.



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**Lingjun Ying**



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*Practitioner's Guide to Ethics and Mindfulness-Based Interventions* Lynette M. Monteiro, Jane F. Compson, Frank Musten, 2017-10-26 This book focuses on the role of ethics in the application of mindfulness based interventions MBIs and mindfulness based programs MBPs in clinical practice The book offers an overview of the role of ethics in the cultivation of mindfulness and explores the way in which ethics have been embedded in the curriculum of MBIs and MBPs Chapters review current training processes and examines the issues around incorporating ethics into MBIs and MBPs detailed for non secular audiences including training clinicians developing program curriculum and dealing with specific client populations Chapters also examine new second generation MBIs and MBPs the result of the call for more advanced mindfulness based practices The book addresses the increasing popularity of mindfulness in therapeutic interventions but stresses that it remains a new treatment methodology and in order to achieve best practice status mindfulness interventions must offer a clear understanding of their potential and limits Topics featured in this book include Transparency in mindfulness programs Teaching ethics and mindfulness to physicians and healthcare professionals The Mindfulness Based Symptom Management MBSM program and its use in treating mental health issues The efficacy and ethical considerations of teaching mindfulness in businesses The Mindful Self Compassion MSC Program The application of mindfulness in the military context Practitioner s Guide to Mindfulness and Ethics is a must have resource for clinical psychologists and affiliated medical and mental health

professionals including specialists in complementary and alternative medicine and psychiatry Social workers considering or already using mindfulness in practice will also find it highly useful

*The Wisdom Codes* Gregg Braden, 2021-05-04 The cutting edge of neurolinguistics meets the spiritual wisdom of the ages in a handbook of key words that literally rewire our brains New discoveries in biology and the neurosciences are revealing how the structure of language the words we think and speak can actually change the way the neurons in our brains and hearts connect But our ancestors understood this connection intuitively thousands of years ago They created specific word patterns to provide comfort healing strength and inner power in difficult times and they encoded these powerful words in prayers chants mantras hymns and sacred writings to preserve them for future generations Now beloved teacher and thought leader Gregg Braden cracks the code and puts these powerful words in your hands Perfect as a pocket guide a reference for spiritual study or a gift to someone you love this elegant compact book contains Wisdom Codes that cut to the core of life s greatest tests most challenging demands and hardest lessons You ll find chapters devoted to healing from loss and grief facing your unspoken fears finding certainty in the face of uncertain choices and finding forgiveness as well as ancient parables that offer a fast track to unraveling life s deepest mysteries Each Wisdom Code distilled from a quote a scripture passage or a parable is accompanied by a brief discussion of what the code means why it s important and how to apply it in your life

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