

Basic Meditation

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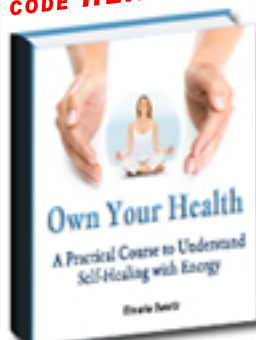
Prepare your **SETTING** by finding a time and place where you won't be disturbed. Make sure you are sitting in a comfortable position either on a chair or on the floor with your legs crossed. Put and a pillow supporting your back or buttocks.

Your **BODY** is your gateway to the present moment. Slowly scan your body from your head all the way down to your feet, taking time to relax every little muscle and settle your attention on your breath as it slowly fills up and empties from your chest.



Allow your **MIND** to settle & cease it's chatter by quietly observing your thoughts as they arise and pass through your mind. See your self existing as the quiet space surrounding the thoughts. Be the witness to the whole experience.

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Return your **FOCUS** to your breath & the present space around your your thoughts when your mind strays. Don't your push thoughts away, merely bare witness and allow them to dissipate on their own. Continue this as long as you wish - 20 - 30 min average.

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