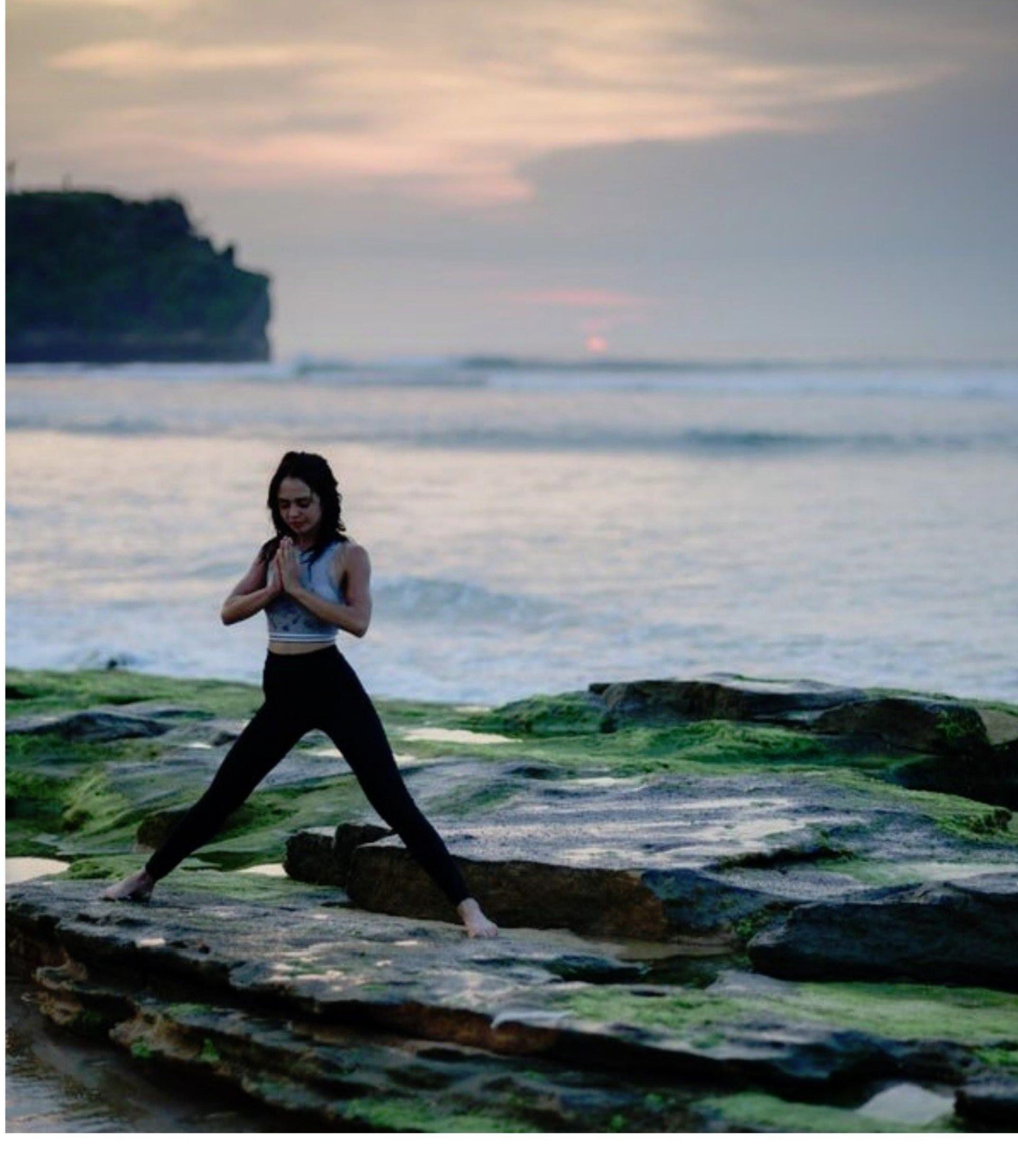


## The Ultimate Guide to Mindfulness Meditation

0 comments



Mindfulness meditation is a key element to reducing stress and increasing happiness that you can learn in just a few minutes. This meditation practice calls you to pay attention and focus on what you are experiencing in the present moment like the speed and flow of your breathing. Mindfulness helps you find that non-judgmental awareness of the present moment.

### How to Practice Mindfulness

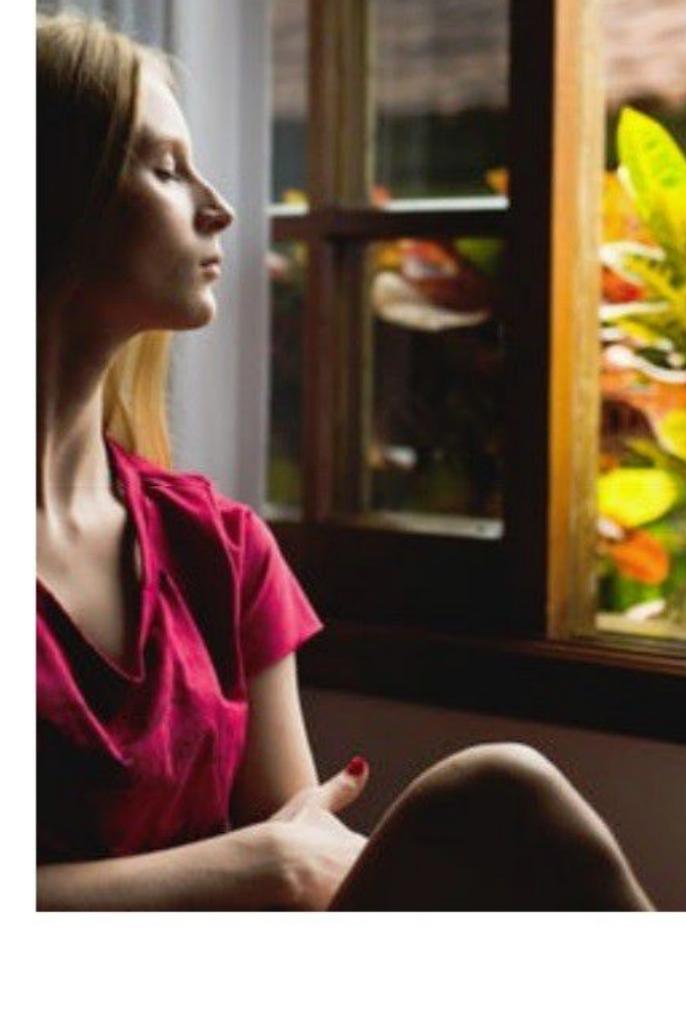
There is no wrong way to begin mindfulness practice. Just follow these steps and you'll soon sense how it feels to be aware of the present moment.

#### Choose a Quiet Setting

Find a quiet setting, free from distractions. Focus your mind on your goal to be present in the moment.

#### Find a Comfortable Position

What position is the most comfortable for you? This might include walking, sitting, or lying down. This stance will help you focus on your thoughts as well as reclaim them if or when they wander.



#### Time Yourself

Set a soothing-sounding alarm to time your mindfulness session. Beginners should start with a 10-15 minute session every day for five days. Once you have learned mindfulness techniques, you can try for longer periods of time, up to 45 minutes a day.

#### Concentrate on Your Breathing

In his book, *Wherever You Go, There You Are*, author Jon Kabat-Zinn advises that when we bring awareness to our breathing, it "reminds us that we are here now." Notice your breath as you inhale and exhale. Concentrating on your breath this way will show you the essence of mindfulness and being aware of the moment.

#### Strive for Focused Attention

Turn your attention to something like a spoken mantra, object or the flow of your breath. Expect that your mind may wander. Don't criticize yourself when it does. Reign in your thoughts, without judgment, and bring your focus back to the now.

Mindfulness will bring you to that place where you can know, firsthand, what it feels like to be alive right now. Always remember that this moment is what your existence is all about. Perfect these techniques and you will find a new side to life you never knew was there.

### About Our Author

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**Marlene Smith** is a professional writer and blogger from the San Francisco Bay area. Her work has appeared in *USA Today*, *The Costco Connection* and NBC's *Today.com*. Come visit her website at <https://marlenesmithwrites.com>.



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