

Seven Steps
to
Magic & Miracles
using
Mindfulness Meditation

THE JOURNEY INSIDE YOU!

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The 7 Steps



"To Start this Journey of Magic & Miracles, you have to take the First Step with Intention and Commitment..."

"You Can Do It - Your Body & Mind Deserves It!"

- 1 Prepare the space you wish to meditate in; make sure it is WARM and QUIET, where there'll be no interruptions
- 2 Get into a comfortable position for sitting (lie down if needed). Be fully PRESENT, ALERT yet RELAXED
- 3 Purposefully PAUSE... Be still and B-R-E-A-T-H-E in through your nose S-L-O-W-L-Y
- 4 Breathe out through your nose, or if you're feeling tense and anxious then SIGH OUT through your mouth
- 5 Invite your body to SOFTEN and LET GO of stress; emotions and unwanted thoughts (keep breathing ;-)
- 6 FOCUS your attention onto some-thing; allowing your gaze to become SOFT and STEADY as you look at it
- 7 Be GENTLE and EASY on yourself in each conscious moment; bring loving kindness into your mind and heart

*Continue practicing your Mindfulness Meditation by repeating the above steps. Start with 1 minute a day and after 7 days, increase to 2 minutes and so on...