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Relax your body, calm your mind, and soothe your spirit with this [Guided Mindfulness Meditation Audio Lecture](#). Practicing meditation can help with greater mental clarity, resetting, and rebalancing every system in your body. It has a profound, rich, and calming effect, promoting feelings of peace and a sense of awareness. This guided meditation lecture for '*Mindfulness*' will lead you through a moment-by-moment awareness of your body, mind, and soul. In our daily lives, mindfulness means paying attention to the present moment. This practice guides you to pay particularly close attention to the sensations of the breath. Observing the very start of an inhale and following all the way to the very end of an exhale. This practice allows you not only to acknowledge your object of focus – the breath –, but also the entire process of it. This mindfulness meditation encourages you to adapt the skill of conscious awareness – we simply stay with what is. You will learn how to remain aware of when you drift away and get caught in thoughts that are anywhere but right here and right now. It is in our natural nature to grab at thoughts, but when you will get into a habit of mindful awareness, you will be able to observe your thoughts and feelings without judging them. You will be guided into the present space, examining the state of your body whilst maintaining your attention on the breath. The cultivation of mindfulness helps you to shift your thoughts away from your daily preoccupations towards an appreciation of the present moment and an overall larger perspective on life. It can deliver improvement in both physical and psychological symptoms such as positive changes in your health, attitude, and behaviour. By being mindful, it makes it easier to cherish the pleasures in life, allowing you to be fully engaged in each activity, and creating a greater capacity to deal with conflicting events. By shifting your focus to the here and now, you are less likely to get caught up thinking about the past or the future and are better able to form deep connections with the world around you. Relieving you from stress, lowering blood pressure, reducing chronic pain, and improving your sleep, mindfulness is an important element to introduce into your daily routine, helping you to live a more fulfilled life. Regular practice can help to reduce everyday anxiety and stress, improve your sleep, energise your body and mood, and ultimately improve your overall health and wellbeing. So breathe in, and may you find stillness within.

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Flat 9, 1 Jardine Rd,
London E1W 3WD,
United Kingdom
Phone: +447574518259
WhatsApp:
+447574518259
Email:
info@starlightbreeze.cc



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