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Unlike silent meditation, guided practices actively prompt us to continually refocus our attention on

the present moment and on our direct experience. This continual refocusing enhances the inner journey, which helps us to heighten the benefits of our mindfulness meditation practice. Some of the general benefits of guided mindfulness meditations -

Free Guided Meditation Scripts | Mindfulness Exercises

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A Basic Meditation for Beginners Get comfortable and prepare to sit still for a few minutes. After you stop reading this, you’re going to simply focus on... Focus on your breath. Where do you feel your breath most? In your belly? In your nose? Try to keep your attention on... Follow your breath for ...

How to Meditate - Mindful

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Guided meditations are offered freely by Tara Brach, Ph.D, psychologist, author and teacher of meditation, emotional healing and spiritual awakening.

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An ancient Taoist technique that helps us stay grounded in the present moment and provides a burst of positive healing energy is often referred to as the inner smile meditation. The powerful psychological and physiological effects of this practice cascade through the body and improve physical and mental health, and awaken compassion.

Inner Smile Meditation For Your Wellbeing - Insight Timer Blog

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Instead, inner strength meaning can be developed and enhanced through a consistent meditation practice. Similar to how physical activity changes the body, meditation physically changes the brain itself.

How to Cultivate Inner Strength Through Meditation

Daily Lunchtime Meditation. Time: Oct 28 2020 @ 1:00:00 PM An easy way to take time out: a 20-minute meditation booster to stop and slow down, sit back, relax and be guided through a relaxation, visualisation and some quiet moments to clear your head and refresh Info and Registration ». Daily Lunchtime Meditation