

A meditation to try

So when we meditate, we constantly bring the mind back from wandering off, back to the breath or whatever we are focusing on. This TEACHES us that in everyday life we can do the same.

The first video link below explains that a little better for you.

Secondly - meditation is not about having no thoughts, emptying the mind. It is just about noticing thoughts as they come and go, so don't worry if your mind is full of thinking, thinking thinking! Just each time the mind wanders off, notice where it has gone, then bring it gently back to the breath or whatever.

Okay - so here are our links (thanks to Headspace and Williams/Penman), use them in order, they are only about 1 and 3 minutes each, then reflect on how you feel afterwards.

Simple! Have a safe and lovely day. Mark.

<https://www.youtube.com/watch?v=iN6g2mr0p3Q>

<https://www.youtube.com/watch?v=rOne1P0TKL8>