

Mindfulness Meditation Script

Today we want you to bring mindfulness to your everyday life...a mindful approach will help you be more present, more committed to your life in a meaningful and grateful way... all this will lead you to a more satisfying fulfilling and absolutely happier life...

This easy exercise is designed to increase awareness and appreciation of simple daily activities and the results you achieve.

Remember that, if you need some support to improve your session, you can use brainwave entrainment to make it happen...

Now let's get started...

Think of something that happens every day more than once, repeatedly; something you take for granted, like opening a door, for example. When you touch the handle to open the door, stop for a moment...

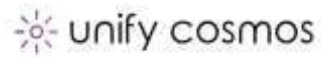
Be aware of where you are, how you feel at that moment and where the door will lead you. The same thing, you could do it when you're about to turn on the computer to start working; Take a moment, a moment to appreciate the hands that allow you this process and then move your mind to the brain that allows you to understand how to use the computer...

These signals must not be limited to physical contact, to touch. For example: whenever you have a negative thought, choose to stop for a moment, label the thought as useless and release the negativity.

Say out loud... I release you... I am free...

You could apply mindfulness exercise even whenever you smell the food, take a moment to appreciate how lucky you are to have good food to eat and share with your family and friends.

Search for a point of contact that today vibrates for you. Instead of performing your daily movements with the autopilot inserted, take occasional moments to cultivate awareness and gratefully address even the small repeated gestures that are part of your life.



The purpose of this exercise is to cultivate fulfillment for the moment and escape the continuous struggle in which we are involved, so some daily actions must be done but quickly finished to move on to something else. Rather than wanting to finish a routine task in a state of anxiety, accept the routine and concentrate on it...

Are you feeling more linked and present, more aware of your daily life and of your presence in the world? Now you can easily bring this approach into your daily routine...

If you're cleaning your home, pay attention to every detail of your business. Rather than treat these gestures as a boring routine, create a new experience by noting every aspect of your actions: feel the movement you do when you sweep the floor, feel the muscles you use while you wash the dishes, develop a way that is all yours but effective to perform repetitive tasks in a different way.

The idea is to be creative and discover new experiences within a family routine task each day, every single day to create something different... not changing your life but changing the way you respond to every situation and event...charging them with love and appreciation, kindness and bright, positive energy...

Take a long deep breath into the nose... smile... and exhale out with a sigh.

Now embark a brand-new journey, live your life with a positive, mindful approach...

Instead of working thinking about finishing the task quickly, concentrate and know all the steps of what you are doing. Take repetitive activity and align it physically, mentally and spiritually to create your beautiful new destiny all about presence, positivity, and gratitude... all this will create some magic light leading your way towards the better version of yourself.

Namaste