

# CALMING 5 MINUTE RIVER MEDITATION

*If you're feeling overwhelmed, stop for five minutes. Find a quiet spot, sit down and place your feet on the floor.*

**STEP 1:** *Start by simply focusing on your breath for a few moments.*

**STEP 2:** *Close your eyes and imagine your thoughts, tasks, "to do's" etc as a river raging around you.*

**STEP 3:** *Slowly begin to make the river calmer and calmer until it is a quiet, gently flowing stream.*

**STEP 4:** *Once it is a gentle stream, imagine it getting smaller and trickling into a beautiful, quiet, still pond.*

**STEP 5:** *Now you are ready to continue with your day - one thing at a time.*

# Stories Mindfulness Meditation

**Mike Jess**



## **Stories Mindfulness Meditation:**

## Unveiling the Energy of Verbal Art: An Emotional Sojourn through **Stories Mindfulness Meditation**

In a world inundated with monitors and the cacophony of fast transmission, the profound power and mental resonance of verbal artistry usually fade into obscurity, eclipsed by the regular barrage of noise and distractions. Yet, nestled within the lyrical pages of **Stories Mindfulness Meditation**, a interesting work of literary splendor that pulses with organic emotions, lies an unforgettable journey waiting to be embarked upon. Written by way of a virtuoso wordsmith, that mesmerizing opus books readers on a mental odyssey, gently revealing the latent possible and profound influence stuck within the elaborate web of language. Within the heart-wrenching expanse of this evocative evaluation, we shall embark upon an introspective exploration of the book is central themes, dissect their fascinating writing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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