

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.*

Guided Meditation Words

SJ Ball



Guided Meditation Words:

Decoding **Guided Meditation Words**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Guided Meditation Words**," a mesmerizing literary creation penned by a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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