

Developing a Mindful Meditation Practice

STEP ONE

1

Commit to being kind to yourself - and being Mindful

Mindful Meditation and Its Benefits

These are the known, scientifically proven benefits of practicing Mindful Meditation - better mental health, less anxiety, less depression, better overall health, increased stress resilience and happiness. Want more reasons to adopt Mindful Meditation practice as part of your daily living? It also has been shown to increase brain structure size and functioning. We are glad you are being kind to yourself and wanting to adopt a lifelong, Mindful Meditation practice. Excellent choice!



STEP TWO

2

Download the WILD 5 Meditations from the website (*it's free!*)

Go to this website on your smart phone or your laptop and download all these recordings!

Disc One: Tracks 1 through 6:

1. Five-Minute Breathing Space (6:45)
2. Mindful Breathing (15:00)
3. Body Scan (15:00)
4. A Moment of Gratitude (9:58)
5. Happiness Meditation (11:37)
6. Pain Meditation (13:00)

Disc Two: Tracks 1 through 3:

1. Introduction to Mindful Meal Meditation (5:19)
2. Mindful Meal Meditation (23:31)
3. Mindful Moment With A Raisin (9:57)



www.Wild5Resources.com
Password: wellnessmatters

STEP THREE

3

Follow this program for 30 days. After 30 days - select your own practices!

Day 1: Start with the “Mindful Moment with A Raisin” exercise

Day 2: Practice the “Body Scan” meditation

Day 3: Practice the “Mindful Breathing” meditation

Day 4: “Body Scan”. Day 5: “Mindful Breathing”. Day 6: “Body Scan”

Day 7: Choose either “Gratitude” or “Happiness” meditation

(Repeat this order next week, and thereafter)

Good job, dear fellow meditator!

Note - you can use the “Five Minute Breathing Space” meditation whenever you feel stressed, and as many times a day as you would like