

# How to Live Mindfully with Meditation

Mindful living is an ancient practice which is very relevant for life today. Mindfulness is a very simple concept. Mindfulness means paying attention in a particular way: on purpose, in the present moment, and non-judgmentally. This presence increases awareness and clarity; it free's us from the anxiety and worry that robs us of joy and peace. When we are living in the present we are not living in fear of the future or in the regrets of the past.

Mindfulness exercises:

The following exercises will help you to develop a Mindful awareness of the environment, of the body, of the breath, and of thoughts and emotions. You can practice the exercises as a whole, or in parts – using any part of the exercise.

Exercises for Wellbeing:

Be kind to yourself : Encourage rather than criticize yourself. Treat yourself the way you would treat a friend in the same situation.

Relax : Make time for yourself. Allow yourself to chill out and relax. Find something that suits you – different things work for different people.

Learn to Meditate Daily: Meditation gives clarity of mind. Wisdom brightens and opens our lives.

Breathe... (Imagine a balloon in your belly, inflating and deflating as you breathe in and out)

Meditate...Sit comfortably and breathe normally. Close your eyes and pay attention to your breathing and just relax

Balance sleep: Get into a healthy sleep routine – including going to bed and getting up at the same time each day.

Diet/ Nutrition: Listen to your body and modify your eating patterns. As you explore what your body truly needs, you'll discover new ways of moving, breathing and eating that will help you realize your ideal life.

Connect with others: Stay in touch with family and friends - make regular and frequent contact with them.

Guru Ranjit has been teaching mindfulness meditation, corporate wellness programs and Laughter Yoga in major cities, such as New York and Charlotte for many years. Ranjit has educated many professionals and businesses, on how to use meditation therapy to manage stress, anxiety and sleep disorder problems.

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