

Balancing mood and confidence with mindfulness: Meditation for emotional awareness



Getting deeper into mindfulness:

As you deepen your practice consider this...

In mindfulness practice, we can
sit peacefully
observe our feelings,
explore the sensation of emotions in our bodies
and choose to relax, release and let go
bringing ourselves into a state of calm where we can
receive breath
and give ourselves permission to access the present
moment.



Journal/Discussion Prompts:

1. As you deepen your practice, how do you personally define mindfulness?
2. What are the three centers of energy we explored in today's meditation? What do the energy centers represent and what do you personally feel, if anything, when bringing awareness to those centers?
3. How do you plan to use your breath as a mindfulness tool? How can you use the breath to balance your mood?
4. What qualities and what awareness do you plan to grow with your mindfulness practice?

