

W E L C O M E T O

MINDFULNESS MEDITATION GUIDE

Meditate Your Way To A Happy You



"You are always in control of how you feel."
-Nandini Sehgal

what can you expect?

INTEGRATING MINDFULNESS
MEDITATION INTO YOUR DAILY LIFE
WILL NOT ONLY TRANSFORM YOUR
MIND, BUT IT WILL COMPLETELY
CHANGE THE WAY YOU LIVE YOUR LIFE.
I WANT YOU TO ENJOY MEDITATING,
CRAVE IT AND INTEGRATE IT INTO YOUR
LIFE AS AUTHENTICALLY AS POSSIBLE.

Be patient with yourself. This is not something you try once, consistency is key to success. But also remember to not force yourself into it.

Don't be afraid to get creative and make this practice in a way that works for YOU. This guide has been written to encourage flexibility. The most important thing is that you approach this with an open-mind.

If you're ready to get control of that monkey-mind, introduce calm and manage stress in your daily life, find a comfortable space and let's get meditating.

you got this.



HERE. NOW.

The practice of mindfulness meditation aims for you to be able to focus on the present moment. And that is where you take back control.

It starts with becoming aware.

Notice your breath.

The rise of your chest as you inhale.

The contraction of your abs as you exhale.

When you actively make the effort to listen to your breath, you are understanding yourself on a much deeper level. A level that does not require words...

Let's talk about the

monkey mind.

Our mind is referred to as the 'monkey mind' because it is always on and always moving. The mind is never still. It is constantly thinking about the past, planning for the future and getting through the present.

It takes a great deal of effort to calm the monkey. As humans we are built to move. From the earliest humans who used to scavenge and hunt, the human body (and mind) have always been on the move.

In this guide, you will have the basic tools to start your own meditation practice.

Remember the goal is to tame the monkey mind. And it can be done.

your guide.

ready, set,
meditate.

1) Find a quiet space.

Any space without any distractions.

2) BREATHE.

Without even realizing, right now you are probably breathing incorrectly.

When you inhale, your belly and chest should rise and as you exhale the chest falls followed by your core contracting.

3) Prepare a journal.

This is where you write down all of your thoughts that come up as you're focusing on your breath.

Don't try to analyze your thoughts, consider it a brain dump. Write freely and let yourself flow.

your guide.

In this guide you will find a space that you can use as your mindful journal.

Write down the date of each entry so that when you go back and read through it, you will know when exactly those thoughts were created.

It is natural that your daily thoughts will vary depending on when, what is happening around you (external triggers). Remember to view your thoughts from a place of no-judgement.

The purpose of writing down your thoughts is that when you see things visually, they tend to register more impactfully for your mind. We already taking incredible effort to be quiet and listen to our minds, spare the extra effort by writing it all down so you can see what your mind is trying to communicate.

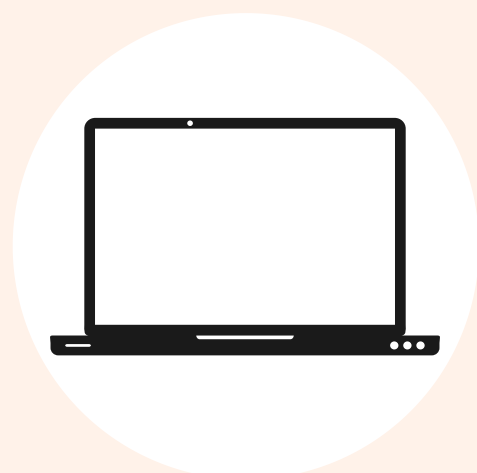
Focusing on simply breathing alone could provide immense benefit for you. To be calm is the highest achievement of the self.



I DECIDED TO CREATE THIS GUIDE WITH THE INTENTION TO INSPIRE AND MOTIVATE. I TRULY BELIEVE THAT WE CAN CONTROL OUR MINDS AND CHOOSE TO LIVE A LIFE OF PURE HAPPINESS. MY PURPOSE IN LIFE IS TO HELP OTHERS AND BRING A LITTLE MORE POSITIVITY TO THE WORLD.



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**everyday i'm
journaling.**

A large, empty white rectangular area, likely intended for journaling or writing, set against a light orange background.

All content in this guide is written by Nandini Sehgal. The information included in this document are based on Nandini's personal experience and reflection.

This should be viewed as a tool to help individuals reach their own wellness goals. This guide has not been designed with any specific individual in mind and therefore, should not be relied on exclusively for meditation and wellness information and guidance.

This was not created by medical professionals so should be viewed and treated as motivational content for educational purposes rather than fact or a list of strict rules.

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disclaimer.