

# MINDFUL MORNINGS: QUICK REFERENCE GUIDES



## Guide 1: Core Morning Meditation Practices

### 1. Breath Awareness Meditation

**Duration:** 3-10 minutes **Position:** Seated with straight back, comfortable but alert

1. Find a comfortable seated position with your back relatively straight
2. Take three deep breaths to settle your body and attention
3. Allow your breathing to find its natural rhythm
4. Direct your attention to the sensations of breathing (choose one focal point: nostrils, chest, or abdomen)
5. When your mind wanders, gently notice this and return attention to the breath
6. Continue for your chosen duration
7. Before ending, notice how your body and mind feel

**Benefits:** Calms nervous system, trains attention, reduces reactivity

### 2. Body Scan Meditation

**Duration:** 5-15 minutes **Position:** Seated or lying down

1. Begin with three deep breaths
2. Bring awareness to the top of your head
3. Slowly move your attention downward through your body
4. Notice sensations in each area without trying to change them
5. If you notice tension, breathe into that area before moving on
6. Continue until you reach your toes
7. End with awareness of your body as a whole

**Benefits:** Releases tension, improves body awareness, grounds attention in physical sensations

### 3. Mindful Movement

**Duration:** 5-10 minutes **Position:** Standing with space to move

1. Begin standing with feet hip-width apart
2. Feel the connection between your feet and the floor
3. Coordinate slow, gentle movements with your breath
4. Raise your arms with inhalation, lower with exhalation
5. Add gentle twists, side bends, or other intuitive movements
6. Pay full attention to the sensations of movement
7. When your mind wanders, gently bring attention back to sensations

**Benefits:** Energizes body, integrates mindfulness with physical activity, addresses morning stiffness

### 4. Loving-Kindness Practice

**Duration:** 5-10 minutes **Position:** Seated comfortably

1. Begin with several mindful breaths
2. Bring attention to your heart area
3. Silently offer phrases of well-wishing to yourself:
  - "May I be happy"
  - "May I be healthy"
  - "May I be safe"
  - "May I live with ease"
4. After a few minutes, extend these wishes to others (loved ones, neutral people, difficult people, all beings)
5. End by returning to wishes for yourself

**Benefits:** Cultivates compassion, counters morning negativity, sets positive emotional tone

## 5. Open Awareness Practice

**Duration:** 5-10 minutes **Position:** Seated comfortably

1. Begin with focused attention on your breath for 1-2 minutes
2. Gradually expand awareness to include all sensations in your body
3. Further expand to include sounds in your environment
4. Allow awareness to rest in an open, receptive state
5. Notice whatever is most prominent in your experience without getting caught in it
6. If you become distracted, briefly return to breath before expanding again

**Benefits:** Develops receptive awareness, reduces fixation, cultivates flexible attention

© 2025 positive4mind.com | From "Mindful Mornings: Transform Your Day from the Start" | For personal use only