

Mindfulness Meditation

This CD contains a selection of Mindfulness practices, similar to the ones that are taught in the MBCT* and MBSR* programmes. Using playlists, also enables you to insert periods of silence into the practices, and you can make up your own periods of silent meditation with the sound of bells at the beginning and end.

Track 1: The Body Scan

This is a 30-minute version of the Mindfulness Body Scan. On MBCT and MBSR courses it is usually the sole practice for the first two weeks of the course. It can then be used as a practice in its own right, or perhaps as an alternative to the sitting meditation at times. You may also want to practise the Body Scan with a particular focus on regions of the body that may need healing.

Tracks 2,3,4: Sitting Meditation

The Mindfulness Sitting Practice is divided into three tracks. The first track (Track 2) contains the posture suggestions, Mindfulness of the breath, and bringing awareness back to the breath when the mind wanders. The second track (Track 3) asks you to expand awareness to the



body as a whole. The third track (Track 4) leads you from awareness of sounds to awareness of thoughts and to choiceless awareness.

The three tracks are usually practised together. For shorter practices you can end your sitting meditation practice after the first or second track. For longer practices you can create playlists where you insert one-minute (Track 5) or five-minute (Track 8) silences or multiples thereof at the end of Tracks 2 and/or 3. This gives you the opportunity to stay longer with one or more of the segments of the sitting meditation to deepen your practice in silence. You can also insert the three bells, which appear as a separate track (Track 7), into your playlist at the end of a period of silence to signal the end of your meditation.

Track 5: One Minute's Silence

This track consists of one minute of silence. You can use it, or multiples of it, or in combination with the five minutes' silence (Track 8) in playlists to create longer silent pauses between the different tracks of the sitting meditation. Or you can use it and the five minutes' silence track to create silent meditation spaces of different lengths, starting and ending with the three bells (Track 7).

Track 6: The Breathing Space

This brief meditation is a short-cut. It works best after you have practised the Body Scan and the Sitting Meditation for a while. Practising the Breathing Space at regular times at least three times a day in addition to your longer practices will enable you to use it as a coping skill in difficult or stressful situations.

Track 7: Three Bells

This track contains the sound of the three bells that signal the beginning and the end of your meditation practice. Using playlists, you can use the bells to signal the end of your practice if you have inserted the silence tracks after segments of the sitting practice. You can also create longer periods of silence as a playlist and have the bells at the beginning and end of your silent meditation practice.

Track 8: Five Minutes' Silence

This track consists of five minutes of silence. You can use it, or multiples of it, or in combination with the one minute's silence in playlists to create longer silent pauses between the different tracks of the sitting meditation. Or you can use it and the one minute's silence to create silent meditation spaces of different lengths, starting and ending with the three bells (Track 7).

*Mindfulness-Based Cognitive Therapy (MBCT) and Mindfulness-Based Stress Reduction (MBSR) are the widely available standardised Mindfulness programmes.

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Read this card before using the meditation practices on the CD. Do not listen to the CD while doing anything that requires your attention, especially while driving.

The other CD in this series is the
Mindbalancing CD.

For copies of both CDs or any questions
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