

Mindful Consumption Writing Meditation

Instructions

This short writing meditation will help you overcome unwholesome habits, such as smoking, overeating, and even substance abuse.

Simply copy the following verses by hand in a notebook or journal, every day for about 10-15 minutes. Any time of the day is fine. You don't have to do the whole meditation in one session. It doesn't matter how far you get each time. Simply write for a few minutes every day. Then the next day, pick up where you left off.

After a few days, notice how your thinking and behavior are changing. It's important to do the exercise consistently. The practice is most effective if it's done every day for several months, along with the mindfulness meditation practice.

It also works best with a daily meditation practice. If you need help in this area, I would recommend our new CD "**Quick Start to Mindfulness Meditation.**" It gives you clear and simple instructions, so you can get the most from your meditation practice. You can find out more on our website.

I hope you enjoy this writing meditation, and that it transforms your life the way it has transformed mine.

Warm regards,
Charles A. Francis
The Mindfulness Meditation Institute

P.S. Remember to share this exercise with your friends or family members.

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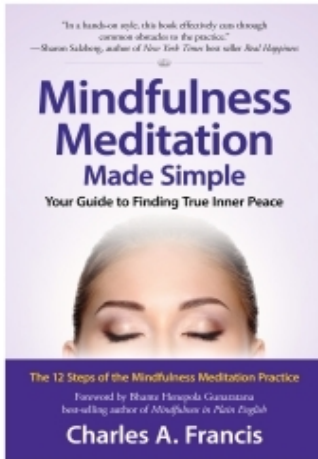
As I continue my mindfulness meditation practice, I am becoming a mindful consumer and an enlightened being. There is a beautiful person within me wanting to emerge. May I be loving, kind, and compassionate with myself and allow this wonderful person to shine through, and see him/her each time I look into the mirror. May I be aware of the thousands of other people just like me who are walking the same spiritual path.

May I live deeply in the present moment and be aware of the messages my body is sending me. May I be aware of the unconscious environmental triggers that influence my consumption. May I learn which foods and nutrients nourish my body and mind, and lead to optimal health, performance, and longevity—and not simply a number on a weight scale. May I realize that there is no right or wrong in dieting—only mindfulness. I will rejoice in my successes, and will not feel guilt, shame, or remorse over minor lapses.

Being a mindful consumer, may I eat the foods and nutrients that will promote good health, longevity, and mindfulness. May I incorporate sufficient physical activity into my daily routine wherever possible to promote physical, mental, and emotional well-being. May I be mindful of substances such as alcohol, tobacco, unnecessary medications, and other substances that are robbing me of my spiritual growth, and have the courage to let them go. May I continue to be diligent and committed to my spiritual practice, and to helping others along their path, so that we may all find inner peace. May my True Nature shine through and onto everyone I encounter.

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Mindfulness Meditation Resources



Mindfulness Meditation Made Simple: Your Guide to Finding True Inner Peace. This new book shows you how to transform your life and relationships through the 12 Steps of the Mindfulness Meditation Practice. Through the clear instructions and simple exercises, you will gain a solid foundation of this time-tested ancient practice, and give you the results you want. It explains the exact meditation techniques in an easy-to-follow process. It then gives you tips for enhancing your practice. Foreword by **Bhante Henepola Gunaratana**, best-selling author of *Mindfulness in Plain English*. Available now at Amazon.com.



Quick Start to Mindfulness Meditation. This CD is ideal for beginning and experienced meditators who want to get more from their meditation practice. It gives you clear instructions of the mindfulness meditation practice; then shows you how to implement them through the guided meditations. Available at Amazon.com.

About the Mindfulness Meditation Institute

The Mindfulness Meditation Institute is dedicated to providing you with the tools you need to help you get the most from your meditation practice, and realize your full potential as a human and spiritual being. It is our experience that you can reach this goal through the practice of mindfulness meditation. By realizing your full potential, you will find the happiness and fulfillment you've been searching for your whole life.

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