

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.

www.MindfulnessMeditationInstitute.org

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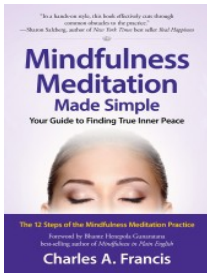
As I continue my mindfulness meditation practice, I am becoming a mindful consumer and an enlightened being. There is a beautiful person within me wanting to emerge. May I be loving, kind, and compassionate with myself and allow this wonderful person to shine through, and see him/her each time I look 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.

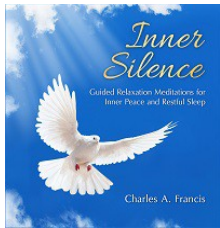
Being a mindful consumer, may I eat the foods and nutrients that will promote good health, longevity, and mindfulness. May I incorporate sufficient physical activity into my daily routine wherever possible to promote physical, mental, and emotional well-being. May I be mindful of substances such as alcohol, 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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Recommended Resources



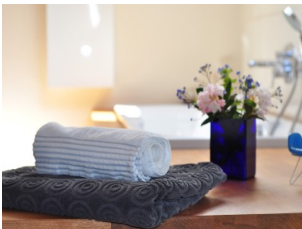
Mindfulness Meditation Made Simple: Your Guide to Finding True Inner Peace (paperback). Learn how to transform your life and relationships through mindfulness meditation. Through clear and simple instructions and exercises, you'll gain a solid foundation of this time-tested ancient practice, and get the results you want. Available now on Amazon.com.



Inner Silence: Guided Relaxation Meditations for Inner Peace and Restful Sleep (audio CD). Having trouble with stress, or sleeping at night? Then you'll love the peaceful meditations of *Inner Silence*. They'll gently guide you into a state of deep relaxation, so you can overcome stress and anxiety. They also will help you sleep better at night. Available on Amazon.com.



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



Mindfulness for Busy People online course. Want to learn mindfulness, but short on time? You can now learn the practice from the leisure of your own home or on the go. The course is designed specifically for beginners with busy lifestyles and without a lot of time to sit in meditation. Free preview at <http://dld.bz/hcZra>.



FREE Online Mindfulness Meditation Meeting. Need help with your meditation practice? Come join us for an evening of peace, fellowship, and great discussion. In this member led group, you'll learn about mindfulness meditation and how to practice mindful living. Learn more at <https://mindfulnessmeditationinstitute.org/current-events/#meeting>.

All resources available at MindfulnessMeditationInstitute.org

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