



For more information, contact **Kandace Simmons** at  
hello@kandacesimmons.com



## Mindfulness + Meditation Tips + Resources

### Why be mindful?

You can be sure that life will be full of changes. How you respond to these changes makes a huge difference as to whether you feel well and happy or stressed out. Mindfulness is paying attention to the present moment without judgment. It is a practice, which means that you don't have to be perfect. You can always take a deep breath and start again.

### Why breath deeply into your belly?

Breathing deeply into your abdomen tells your brain to relax. Taking a few deep breaths before responding to a challenging situation gives you a chance to slow down and break habits that don't serve you. Every time that you return to your desk, take a belly breath to practice.

- Exercise: Put your hand on your abdomen, and inhale deeply into your belly to a count of three. Hold for three, and fully exhale to three feeling your belly return to normal. Practice this a few times a day, moving up to counts of five and seven when your body feels ready. If you feel uncomfortable, stop.

### What if I can't stop thinking when I meditate?

Meditation is a practice, and experienced meditators can have times when their minds race. Allow the thoughts to pass like a cloud without judging them. Return your focus to your breath.

### What if I always fall asleep?

We are a culture that does not value sleep. Meditation is a wonderful way to relax. Do not worry if you fall asleep. Your body probably needs rest. Keep meditating.

### Are there any aids that can help me with meditation?

Using a timer is helpful, and you have one on your smartphone. Select a pleasant sound to end.

Insight Timer (iOS + Android): I use Insight Timer to create silent meditations of various lengths with simple bowl and bell sounds. The app allows you to connect with a world community of meditators and includes guided meditations by numerous teachers including Jack Kornfield and Eckhart Tolle. You must register to access the guided meditations.

buddhify 2 -mindfulness and meditation for modern life (iOS): This app includes over 80 guided meditations. You select what you're doing or feeling (including illness and pain), and you're given a few meditations of varying lengths to select. I especially like the wake up/ morning meditations.

You Tube: I enjoy the singing bowl meditations by templesounds. Whenever you listen to recorded bowls, you should use headphones. Most computer speakers will distort the sound.

Oprah & Deepak: They provide various 21-day programs with individual meditations running from 10 to 22 minutes. The programs are free for an initial period and then you can purchase them. Sign up at [chopracentermeditation.com](http://chopracentermeditation.com) and you'll be notified of each new series.

### **Where can I find music with singing bowls?**

I love to meditate to the sounds of bowls. One of my favorite albums is "Tibetan Chakra Meditations" by Chris Michell. The CD/download includes seven songs with singing bowls and flutes and another seven pieces with singing bowls only. It's available at Amazon.

Temple Sounds also has a wonderful selection of albums. I enjoy "Goddess Bowls" and "Celestial Bowls." They are available at iTunes.

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