

# MINDFUL MEDITATION

You will need an item that makes a bell sound, you can use an app on your phone/tablet if you do not have one.

1. Close your eyes and concentrate only on the sound that you hear
2. Close your eyes and try to notice if you hear the sound louder in one ear than you do in the other.
3. If you notice your thoughts are wandering, simply bring your attention back to the sound of the bell.
4. Keep your eyes closed until the sound is completely gone.

How do you feel afterwards?

