

THE CONCENTRATION CIRCLE

I get distracted, I realize, I go back



Objective

Learning that the mind is exercised through this circle of concentration, we exercise mindfulness.

01 Pay attention to yourself

Close your eyes and attend to your breathing.

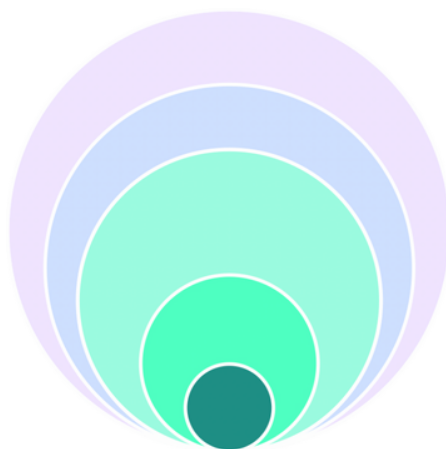


02 Be aware

Distractions will come at any time. Simply realize that you have been distracted.

03 Return to yourself

Gently return your attention to the breathing.



04 Observe

Exercising the mind is like exercising a muscle, we do a "flex" every time we return our full attention to our breathing. We strengthen the mind.



Reflection

Realize that distraction is our tool to exercise mindfulness releases us from tension as we do the practice. We accept the process.

Don't forget that you have more theory about these activities, below, you will be able to find the source find the source behind them, in order to dive deeper into the subject.