

Deeper Mindfulness Meditations

Week One: Finding Your Ground

[1.1 The 10-Minute Finding your Ground Meditation](#)

[1.2 The 20-Minute Finding your Ground Meditation](#)

[1.3 The 30-Minute Finding your Ground Meditation](#)

[1.4 Minimal instructions – Finding your Ground Meditation](#)

[1.5 Sound of Bells only](#)

[1.6 Everyday Mindfulness Practice On Waking – 3 minutes](#)

Week Two: Befriending & Gathering a Scattered Mind

[2.1 The 10-Minute Taking a Pause Meditation](#)

[2.2 The 20-Minute Taking a Pause Meditation](#)

[2.3 The 30-Minute Taking a Pause Meditation](#)

[2.4 Minimal Instructions – Taking a Pause Meditation](#)

[2.5 Sound of Bells only](#)

Week Three: Rediscovering the Feel of Things

[3.1 The 10-Minute Feeling Tone Meditation](#)

[3.2 The 20-Minute Feeling Tone Meditation](#)

[3.3 The 30-Minute Feeling Tone Meditation](#)

[3.4 Minimal instructions – Feeling Tone Meditation](#)

[3.5 Everyday Mindfulness Practice – Feeling Tone](#)

[3.6 Sound of Bells only](#)

Week Four: Restoring Balance

[4.1 The 10-Minute Mindful Walking Meditation](#)

[4.2 The 20-Minute Mindful Walking Meditation](#)

[4.3 The 30-Minute Mindful Walking Meditation](#)

[4.4 Minimal instructions Mindful Walking](#)

[4.5 Mindful Stretches](#)

[4.6 Ten Finger Gratitude](#)

[4.7 Minimal Instructions Ten Finger Gratitude](#)

[4.8 Everyday Mindfulness Practice – Appreciation](#)

[4.9 Resting when you can't sleep – 8 minutes](#)

[4.9.1 Sound of Bells only](#)

Week Five: Feeling Tone on the Fringes of Consciousness

[5.1 The 10-Minute Feeling Tone Moment by Moment Meditation](#)

[5.2 The 20-Minute Feeling Tone Moment by Moment Meditation](#)

[5.3 The 30-Minute Feeling Tone Moment by Moment Meditation](#)

[5.4 Minimal instructions Feeling Tone Moment by Moment Meditation](#)

[5.5 Everyday Mindfulness Practice: Noticing the feeling tone in everyday life – 3 mins](#)

[5.6 Sound of Bells Only](#)

Week 6: Bad Weather Flying

[6.1 The 15-Minute Kindness Meditation](#)

[6.2 Minimal Instructions Kindness Meditation](#)

[6.3 The 10-Minute Exploring Difficulty Meditation](#)

[6.4 The 20-Minute Exploring Difficulty Meditation](#)

[6.5 Minimal Instructions Exploring Difficulty Meditation](#)

[6.6 Everyday Mindfulness Practice – Turning Towards Difficulty](#)

[6.7 Sound of Bells Only](#)

Week 7: Reclaiming Your Life

[7.1 Reflection Meditation](#)

[7.2 Minimal instructions Reflection Meditation](#)

[7.3 Mindful Speaking and Listening – 2.5 Mins](#)