## THE 2 PHASES OF MINDFULNESS

## PHASE 1 Stability techniques

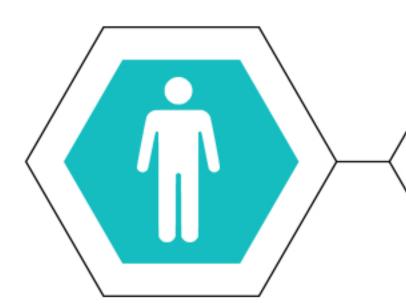
The purpose is to make the mind peaceful, focused and calm. It creates a surplus of energy and an overall sense of wellbeing.



## PHASE 2

## **Analytical techniques**

Analytical techniques | The purpose is to leverage the peace, calm, focus and energy generated during the stability phase to gain a deeper understanding of the nature of the mind.



Mindfulness of the Body

Mindfulness of Feelings



Mindfulness of Thoughts

Mindfulness of Wisdom

**Subtle** 

Gross



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