

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



Gross

Subtle



Keen to learn more?

BOOK A FREE CONSULTATION TODAY!

www.zenhighachiever.com