



Mindfulness Meditations

How To Use The Recordings

Key Points

- You can download more meditations from this series here:
iPhone & iPad: <http://apple.co/1KVYVNI>
Android: <http://bit.ly/1KlqEvc>
MP3 Downloads: <http://bit.ly/1Qlo5mg>
- This series of mindfulness meditations will help you to appreciate life in the present moment as you connect with your senses, thoughts and feelings.
- It is recommended that you listen through headphones whilst lying or sitting somewhere comfortable where you won't be disturbed.
- Do NOT listen while driving or operating machinery.
- If you suffer with serious depression or epilepsy please consult your doctor before using the meditation recording.
- When you are instructed to repeat affirmations, connect with positive feelings (e.g. happiness, joy, love), as this will help you absorb the suggestions on a deeper level. You don't have to repeat the affirmations out loud but do make a strong connection with them.
- Mindfulness takes practice, so for best results we recommend listening to the main session once a day. This download also includes a 10 minute edited version of the main track and is ideal as a booster when your time is limited.
- It is important to remember that you are being guided, so you will always be in full control of the whole process. If at any time you want to stop, just open your eyes and you will be wide awake.



Glenn Harrold FBSCH Dip C.H.

Useful Links

- Join Glenn's Facebook fanpage: www.facebook.com/glennharrold.fanpage
- Follow Glenn on Twitter: www.twitter.com/glennharrold
- Glenn's personal/subscription website: www.glennharrold.com
- Subscribe to Glenn's YouTube Channel: www.youtube.com/user/doctorofthemind

