



M I N D W A V E

MINDFULNESS MISSIONS

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WELCOME TO YOUR TRANSFORMATIONAL JOURNEY AHEAD

The journey that we're about to take together is so simple yet incredibly profound, impactful and life changing. I'm so excited that you're reading these words right now. You have made a very wise decision and for that, give yourself a pat on the back.

Here is your first task. Do it right now!

Acknowledge that you have made a great positive step forward and crack a half smile! You have accepted this invitation to take on a transformational journey. So let's begin.

THE PROFOUND BENEFITS OF MINDFULNESS:

PRACTICING MINDFULNESS WILL MAKE YOUR LIFE MORE ENJOYABLE!

An increase in focus, drive, creativity, inspiration; passion, love, joy; happiness and peace. However, the outcome, the results, the experience literally cannot be told. Only YOU can experience this re-connection with yourself. Trust in the process and the journey and expect greatness.

HOW DO WE KNOW MINDFULNESS WORKS?

We can never truly know until we've experienced this for ourselves. Mindfulness and Meditation isn't something that can easily or logically be explained in black and white. To get a real understanding, you simply need to experience it yourself.

The results are varied and down to the individual's level of experience and practice. This might sound like a lofty answer to a logical thinking mind...

And one would be right.

This is a conscious move from the logical mind to the intuitive heart, creating a perfect marriage of the two.

Let's get to grips with Mindfulness first and then later we can explore the unbounded states of Meditation. Feel free to research the wealth of scientific studies on the physical, mental, spiritual and psychological benefits of mindfulness and meditation.

This will only strengthen your knowledge and understanding as we take this journey. Absorb the knowledge of the courageous authors of the present and the past, the actions and wisdom of the peaceful spiritual teachers and leaders around the world.



"BE HERE NOW"

- Ram Dass

BREATHE IN THE FLOWERS & BLOW OUT THE CANDLE

Throughout these Mindfulness Missions, we're going to take lots of mini-breaks in time. *This is simply to pause in the moment, reflect, ponder and take a breather to re-connect to what we're doing here.* This helps to really digest and test out all this mindfulness talk.

Whenever you see this symbol



Pause and do the following:

I

Realign your posture and make sure your back is straight.
Relax and release all the tension in your back, shoulders, neck and face.

II

Breathe in through the nose, slowly and deeply for around 4 to 5 seconds.
Focus all of your attention on the symbol and around your nostrils.
Imagine the sweet smell of flowers or anything that you love.
Choose your favorite smell or image to attach to this exercise.

III

Exhale out of the mouth for 6 to 8 seconds. Imagine that you are slowly blowing out a big flame on a candle.
The candle flame can represent any tension or stress you have in your life. **Blow it out.**
Exhale like a balloon deflates. Forcefully consistent but without effort.
If you want to pause for longer to ponder and reflect, then absolutely do so.

**We are learning to focus our full undivided attention purely on one object only,
for an extended period of time.**

This whole process will literally take no longer than 13 seconds of your time and will serve you well.
We are in essence, learning HOW to concentrate.

We've spent our whole lives being told TO concentrate but never learned how, let alone practiced to get better.

Recent studies have shown that by reducing daily stress in our lives through practicing Mindfulness and Meditation, we can actually boost our immune systems!

We are essentially giving our mind and body the rest it so desperately needs in this day and age.
This busy-busy-gotta-do-this-gotta-do-that-doing-doing mindset and lifestyle we've become accustomed to.

**“WE ARE HUMAN BEINGS THAT HAVE TURNED INTO HUMAN DOINGS”
- JON KABAT ZINN**



STARTING YOUR TRANSFORMATIONAL JOURNEY

First we're going to do some internal digging for reference, reflection and future insight.

If you're one of the millions of people that are constantly on your phone 24/7...

This is a great chance reconnect with that pen and paper.

ONE

Grab yourself a nice fresh pocket notebook. Leave the first two pages blank.

(We'll uncover the secret power of the two blank pages later in your journey)

TWO

Did you stop to breathe?

I don't believe you. Go back to the top!

THREE

Create a tab on your phone and name it MINDFULNESS MISSIONS.

Whatever you write in your book, update in your phone so you can be all zen on the move.

MISSION PREPARATION

Do not rush through these missions. This negates the point. Go slow, steady in flow.

Implemented in small bite sized portions, this creates a little curiosity and incentive to keep going.

This is all part of the process.

Absorb each mission, one at a time with your full undivided attention.

Look at your diary or calendar and decide when you'll most likely be able to take on these challenges.

Choose your start and end date and mark them down before you start.

Assigning your challenges to 3 days within a 7 day period (Monday/Wednesday/Friday) would be a great idea.

Write a note in your diary/calendar. Do it now!

No time like the present and all that.

Enjoy.

DISCLAIMER

This is a new concept for some and just a reminder for others.

Sometimes life gets in the way and that's ok. If plans change or you completely forget, that's absolutely fine.

Just start again. Always, just start again.

Take your time, no need to judge yourself, just simply commit to the process and have fun with it.

These challenges are designed to be really easy and fit in with your schedule.

Ok, it's time!



“FAILURE TO PLAN
IS PLANNING TO FAIL”

- *Benjamin Franklin*



AWARENESS AND THE MONKEY MIND

*“If you're depressed, you're living in the past.
If you're anxious, you're living in the future.
If you are at peace you are living in the present.”*
- Lao Tzu -

AWARENESS

The first key to change is Awareness.

We are going to start with understanding what exactly, awareness is and how we can use it to help us.

The moment we decide to master our own minds, the journey really begins.

From this point onwards we can start to make amazing progress and change in our lives.

The whole reason for this is to make our lives easier, more enjoyable, our relationships more meaningful and to experience greater harmony with our friends, family, colleagues in work and play.

The **Dalai Lama**, when asked what surprised him most about humanity, he said:

“Man.

Because he sacrifices his health in order to make money.

Then he sacrifices money to recuperate his health.

***And then he is so anxious about the future that he does not enjoy the present;
the result being that he does not live in the present or the future;
he lives as if he is never going to die, and then dies having never really lived.”***





When we look at life through this lens, we understand that time can just completely pass us by.
We can go through life without truly living at all.
Not ever really understanding who we truly are or ever reaching our goals, desires and dreams.
Living with the grip of regrets, resentments or pain of the past...
Or being fearful and constantly thinking and worrying about the future!

However, there's one thing we do know that can help us experience another lens and connect us all.
No matter what our situation or surroundings, positive or negative.
We have a choice to connect to each action, each moment in time, in each breath!
That choice, is Awareness.

"The unconscious monkey mind is a wild animal,
randomly and chaotically swinging from branch to branch.
Constantly, between your past, your future;
the positive, the negative and everything in between."

Observe this monkey mind without judgement. Just simply observe it.
First of all, allow it and then accept and make friends with the monkey, the present moment.
By slowly calming and deepening the breath, the monkey chills out and rests. Finally.
The monkey becomes still and calm just like soft snow, settling down.
The monkey has no desire to swing through the forest.
The snow has finally settled.

With your breath and the subtle art of awareness, take full control and become the monkey's boss!
Take the power back! The monkey works for YOU now.

Now the monkey becomes your ally and your helper. It will have your back for the rest of your days to come.
That's if you re-program it to do so. Now that you control the monkey, you control the present moment!

This is the first insight into the subtle art of living a life of balance,
harmony and peace.



DAY ONE

MISSION: AWARENESS OF THE MONKEY MIND

Become aware of your Monkey Mind swinging from branch to branch in as many daily activities, moments, situations or actions you do throughout your day.

Become aware of both your good and bad habits/patterns.
Notice when you could maybe be a little more mindful in your day:

When you're talking with friends/colleagues but thinking about the next thing to say rather than listening to them?

When you're relaxing but thinking about work?

When you're feeling overwhelmed about your To Do list?

When you're feeling satisfied but thinking about the next sensation?

When you're feeling happy?

When you're feeling sad? Etc Etc Etc

Watch and observe without any judgement how the monkey is constantly looking for the next branch.

Constantly. In any given moment, your monkey mind is craving the next sensation or attraction.

Watch and observe the choices you make due to the way you are feeling in that moment.

Are you one to listen to sad music if you're feeling sad? Watch your habits and patterns come to life.

Just observe all of this like you are watching someone else in a film. Completely and emotionally detached.

When you notice that you are consciously aware of your actions from an observational viewpoint, just simply acknowledge this and take a moment by breathing in the flowers and blowing out the candle.

Then go back to the task at hand.

Whether you're chilling out, watching TV or engaged in conversation, actually CHILL out! WATCH that TV and BE in that conversation.

BE FULL INVESTED in the moment. In the action.

Do you have a tendency to switch off or butt in when others are talking?

Start to notice the difference between being conscious and unconscious in everything you do, in as many moments as possible throughout your day.

This builds up the relationship between you and the present moment.

This strengthens the relationship between you and the monkey!

On page three of your note book, choose one point, action or job on your chosen day to practice observing your awareness of the monkey mind.



After completion or at the end of the day, write in your book anything that comes up.
Then write down how you could do better the next time you take on this mission.
Maybe you could be less reactive or you could be stronger with your will power?
Review your progress and repeat the mission again the following day to keep momentum.

Like pumping iron or toning up in the gym, Meditation & Mindfulness are much like the gym for your mind.
Your Mindfulness practice will naturally strengthen over time.
Soon, all the effort you've put in will come to fruition through the positive, focussed actions you take in life.

You want to choose a task when your mind can easily get distracted.
Maybe your commute to work, washing up, doing errands? etc.
Ideally, a task that you tolerate doing. Choose a task that is boring or neutral to you.

Don't apply this exercise to something that you truly love and really enjoy doing.
When we're doing what we love, we're happy, carefree and in the flow.
Let's use this exercise to make some progress in an area of life that needs tweaking.

Remember, just observe your thoughts without ANY judgement.
As Eckhart Tolle says “**Become the watcher of your thoughts**”.
This is where the magic happens.



DAY TWO

MISSION: THE MINDFUL CONSUMER

Have you ever sat down with some food and before you know it...
You've annihilated the entire bag of crisps, chocolate or even your dinner and not really even tasted the food at all!?
No, I haven't either. Next question. Yeah right!
Have you ever eaten or drunk way more than you needed,
just because that was the amount you bought or was presented to you?
There's been times when I've eaten a delicious dinner, and I've caught myself actually rushing through it
because I'm looking forward to the dessert!

Let's now learn the art of conscious and mindful consuming.

*Reaching for another slice or portion of food before fully chewing what we have in our mouth, is eating unconsciously.
Reaching for another sip, swig or gulp before we actually want or need any more, is unconscious drinking.
Becoming aware of this, is mindfulness in action.
Both the food and drink tastes better, it's easier for digestion and you feel better about yourself in the process.*

The point of mindful eating and drinking is to actually enjoy and appreciate the taste of what we're consuming in every sip or mouthful. Change the habit and mindset of just getting the product into our body at breakneck speed. Become aware of the craving of sensations in our body and tap into what we actually want/need in the moment.

Food and drink is our fuel and we need it to survive, so why not actually **enjoy** the process of eating it.

Savour the taste, **chew slowly** and enjoy the effort that has gone into making it.

From a sugary sweet to a sweet potato, a biscuit to a full blown banquet.

From a sip of water to a weekend of drinks with friends...

Whatever we're eating and drinking, thinking or doing, let's start consuming consciously and mindfully.

YOUR MISSION

Preparing yourself is half the battle.

Set a reminder or notification on your phone for when you'll engage in conscious, mindful eating/drinking today.

Just before you eat a meal, remember that you are about to engage in conscious and mindful eating/drinking.

When eating your food, try and actually eat and enJOY the food before reaching for your next mouthful.

Do exactly the same with anything you drink.

Try and taste all the goodness, all the flavors and enjoy every mouthful like it was your first.

If you want to take this even deeper, you can imagine the journey it's taken from where it was grown or packaged to your plate or hand and all the people that were involved to getting your food to where it is now.

You can add gratitude to each mouthful and be grateful that you have access to an abundance of food in your life.

This challenge can apply to anything you like. It could be mindful breathing, walking, eating or drinking. If you practise this technique, every breath, step, bite or gulp will start to feel like the first one, every time!

If you're one to party hard and not know when the night should end, this practice will really help you save yourself from a few hangovers.

As you start to practise, it'll feel like a switch that you learn to control at will.

All you have to do is remember about the switch and that you are the CEO, the boss and the controller of yourself.

By practicing this consistently, you'll literally be able to switch into the present as and when you please. You'll find that you'll want to stay present as much as you possibly can as it's free from the anxieties and stresses of the past and future. *The present moment can be truly blissful if you allow it to be.*

To realise that being alive itself is the ultimate joy.

The beauty of it all is that this will start to occur naturally as you go.

It's just a case of knowing the areas you want to work on and implementing this simple yet powerful technique.

When others start to notice your progress, you know you're fully crushing it!

Breakfast, snacking, lunch, dinner, dessert and socialising...

Get your mindful eating and drinking on!

If you want to take this challenge further then write out your meals and drinks and rate your mindfulness out of ten.

Try and better yourself each time.

Commit to your day and if you enjoy the process try it the following day too.



DAY THREE

MISSION: THE ZEN BATHROOM

There's one thing that we all have in common.
That's right, you've guessed it! We all use the bathroom every day.

We go to the bathroom for a number of reasons...
Maybe to soak in a nice bath?
Maybe to escape for a little cry from the job you hate?

Bathrooms and toilets are everywhere, all over the world at our disposal.
One thing we know for sure is we're always not far from a bathroom that we can escape to for whatever our reason.
We are going to use this to our advantage to embrace mindfulness.

For those of you that don't think you have time to stop and be all mindful and zen in your busy day,
We're going to pop that little bubble for you right now and send you hurtling back to earth.

What are your habits when you go to the bathroom at work or home?
Do you go and do your business and get straight back to your tasks at hand?
Or do you use the bathroom to think about your next action or have a quick scroll on social media?
Yeah I know what you're like!

Let's now convert all the bathrooms we use in our day into Zen Bathrooms!

SO WHAT IS A ZEN BATHROOM?

Instead of just going about your day and allowing your mind to run all over the place,
thinking about the next thing you've gotta do, the last thing you did, what's happening on social media etc.
We are going to use all toilets and bathrooms as a portal to experience mindfulness.

HERE'S THE PLAN

As soon as your hand touches any bathroom door, allow it to miraculously turn into a Zen Bathroom.
In the Zen bathroom your thoughts no longer exist.

It's like you are the computer programmer of your mind and you haven't created the code to access
thoughts yet. In this portal, there's no time, no space outside the bathroom,
No job, no house, no checking your phone, no story of who you are or what you do.

All thought is completely void from this experience.
Your breath is the only thing that you consciously think about.
Every moment, action, sensation is the only thing you observe and feel.

Feel the breath go into and out of your nose.
The breath is your anchor and focus point.
Always just return to the breath.

Now, you'll obviously be having thoughts when you enter the bathroom but just come back to a state of no thought.

Just like when you hit that flow state when exercising or when in pure bliss
doing something you love.

*We can use the breath in the nose as a tool to pull our attention back to one place in time to anchor us,
to restart if we get distracted.*

Just imagine that thoughts simply don't exist.

This will only last for fleeting moments.

The awareness of noticing this bliss when free from thought is mindfulness in action.

This is the real end game here.

It's a game of catching the monkey mind, returning to the breath and back to observing actions and sensations.

*Basically we are giving the mind a rest and choosing points in the day that naturally occur already to practise
mindfulness. Call it multi tasking and time management combined. Multi management?*

Using what we already have and taking away, rather than implementing more.

Like the best pop songs! Simple.

WHAT DOES ONE DO IN THIS STATE OF NO THOUGHT?

Observe yourself like you would if you were watching someone in a film doing the same thing.
When successfully achieved, this can be quite mind blowing if you've not experienced it before.

The challenge is to be in a state of no thought for as long as possible.

Thoughts will come and go, sounds will distract you but just return to the action you are doing.

Washing your face? Simply FEEL the water on your hands and the sensation of splashing your face.
Experience what it's like to not be thinking about the last thing you did or the next thing you're going to do.

In the shower? Imagine that the water is dissolving all impurities in the body.

On the loo? Take your time and feel the sensations. Allow yourself to be fully present. Just BE in the action.

LOOK FORWARD TO YOUR ZEN BATHROOM EXPERIENCES!

Treat it like a mini holiday from work, the kids or whatever you're doing in your day.

It's also helpful to tell friends, family or co-workers what you are doing.

When you're in the bathroom there is no communication with the outside world.

No phones, no shouting to the next room or talking to the next cubicle.

This challenge is one of my favorite ways to play with mindfulness.

Once just a positive and good habit, now it naturally happens without consciously implementing it.

Once practiced, feel free to experiment with other rooms too.

A little tip is to redecorate with a new Zen vibe to remind you. Maybe a little buddha or plant?

Something that reminds you to come back to a state of peace and calm.



YOU ARE NOW THE OBSERVER OF YOUR MIND

The observer is the one who is truly free from judgement, attachments, cravings and desires.

Just like watching the character in the film going through all the emotions.

You can experience the highs, lows and thrills yet you are separate from them.

This here, is the key to freedom from the constant dialogue that is our mind.

The game is to constantly remember to repeat the process to help bring calm into your existence.

The repetition creates new good habits,

new positive neural pathways to experience happiness and long lasting peace.



CONTINUE YOUR TRANSFORMATIONAL JOURNEY

Congratulations!!!

*If you've got this far you've done incredibly well, so take a moment be proud.
Self-work is no easy task, there's no medals or awards,
just the knowing that you're more awesome than you were before is enough.*

You've been planting seeds, leaving yourself a breadcrumb trail to re-mind the unconscious mind to evolve and level up. By constantly practicing these mindful exercises, you will start to notice that you will naturally pick them up and implement them into your day.

*All it takes is for you to remember to plant the seeds and apply the action.
The action is easy and simple.
The results are positive and blissful.
It's a win win.*

If you've enjoyed this journey into the of art of mindfulness and want to understand more to deepen your experience?



[CLICK HERE TO DOWNLOAD THE MINDWAVE MINDFULNESS MANUAL!](#)



Not only will the manual uncover the secret power of your two blank pages...

This manual will teach you everything you need to know to help you stay on track and continue creating the steps towards;

"Living a life of balance, happiness, peace and joy.

Enjoy more focus in meetings, deeper sleep and better decisions, choices and actions made.

Alleviate, dissolve and manage anxiety, panic, depression and negative habits in your life."

The manual is the main course and the perfect next step if you want to gain more insight by doing less.

You're one click away from making your next wise decision.

Much love and thanks for taking this introductory journey.

Ten points, gold star and again, congratulations to you!

By continuing to help yourself, you're effectively helping others around you too.

That's a pretty good way to live your life and go about your day!

Love,

Ali

For more information: www.mindwavemeditation.com/contact