



Mastering Mindfulness Meditation for Life: The Path To Enlightenment

Dr Simon B. Mores

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As a Psychology professor I have been meditating for several years now and have tried several different methods of meditation from visualizations to mindfulness. From my experience I believe it is generally a matter of preference as to which individual technique you choose, I like to variate depending on my mood, preference and goals however essentially the fundamentals of all meditation styles are the same and they come down to the breath.

As such I have compiled a list of fundamentals for you on your journey of meditation to enlightenment which is a life long journey. These fundamentals can be applied to any meditation style you prefer, I personally really love mindfulness meditation involving body scans as they work really well for me and many others and therefore that is what I will be covering in this short guide.

However, everybody is different and thus will have varying levels of success depending on the variation and thus the best way to find out is through trial and error.

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