



**Learn
how to
meditate**

**The 7Mind
guide**

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Welcome
to you.



Welcome to your 7Mind meditation guide.

The subject of meditation has been studied for more than 2,500 years, and the meaning behind this practice has changed dramatically over the years. Religious and esoteric motives are receding more and more into the background, while scientists from the fields of psychology and neuroscience are discovering the great potential of this ancient practice.

Not too long ago, anyone who wanted to learn how to meditate had to book a personal course or visit a monastery. Today, you have everything you need available on your smartphone. The 7Mind app provides a simple and thorough introduction to the topics of meditation and mindfulness in just a few minutes a day. **With regular practice, you can improve the way you handle stress, sleep better, and generally feel happier. Does that sound good? Then let's get started now with the 7Mind app and this guide.**

We will guide you through the first weeks of your meditation practice. Using the app, you will gain your first experiences with mindfulness, develop your own routine, and can then adapt the practice to your own needs.

We at 7Mind invite you to find peace and recharge your batteries! Here's how to get started:

1. Download 7Mind for free from the App Store or Google Play
2. Create a profile in the app
3. Log in and start your first meditation

We're glad you're embarking on this journey with us.



What is mindfulness?

For us, mindfulness means being present in the here and now, with everything that is happening. This in no way means withdrawing from life and merely sitting on your meditation cushion. On the contrary, we believe that leading a satisfied, serene life is possible at any time and in any place. **Even a hectic workday has quiet minutes, and even when your life seems chaotic, you can experience moments of beauty – you just have to find them!**

Mindfulness training can help you become more aware of your body, your feelings, and your thoughts in the present moment. In addition, focusing inward on a regular basis can improve your health, your sense of happiness, your sleep, and even your relationships. It is especially easy to practice mindfulness with the help of meditation. The meditations from 7Mind are based on the principles of modern mindfulness practice according to Jon Kabat-Zinn and his globally recognized MBSR (Mindfulness Based Stress Reduction) program.

How does meditation work?

Many people believe that meditation means being completely focused and shutting off all thoughts from the very first second. This expectation often leads to frustration. The reality is that you don't have to achieve a thought-free state or sit in a cross-legged position to master mindfulness meditation. In most cases, meditation starts as a simple concentration exercise. The ability to maintain your attention over an extended period of time is the cornerstone of meditation and is gradually strengthened through regular practice.

Similar to learning other skills, it takes time and practice to improve at meditating. You will find that just trying to focus on the present moment will have positive effects on your body and mind. **Mindfulness can help you find physical and mental balance and create the right mix of calm moments and activity in your life. Your meditation practice will help you find new ways to deal with pressure, busy schedules or excessive workloads.**

This guide will give you some tips, suggestions and background information to help you get started as easily as possible. Use the habit tracker for support and mark the days you have meditated on. This will motivate you and help you stick with it in the long run.

Mindfulness at work: healthy growth for people and companies

Composure, happiness, peace and contentment - these are all lovely feelings, but aren't these the very things we leave behind when we arrive at the office in the morning? We can recognize why this is a problem when we look at the effects that the ever-growing pressure in our performance-oriented society has on us. According to a study by pronova BKK, every second employee is at risk of burnout. We at 7Mind are convinced that the change towards a healthy working environment should start with mindfulness. Responding to personal needs in a reflective way, even in stressful situations, is a prerequisite for sustainable growth of employees and the organizations they work in. This is exactly where mindfulness training comes in, because it not only positively affects our well-being but also trains our psychological resilience.

You've probably heard of the term resilience. **Resilience is the immune system of your mind. If you strengthen it, you can prevent chronic stress and face challenges with more confidence.** As you might guess, mindfulness is an important building block of resilience. Why? Because it enhances your self-awareness. You'll become more aware of how you're doing, what you need, and how your stimulus-response mechanisms work.

The reason why mindfulness training is so effective is because even a few minutes a day can have noticeable long-term effects that positively influence your satisfaction with your job. This has been proven by a study that found improvements in work engagement, job satisfaction, innovation and creativity among participants who had been using the 7Mind app in a work context for 14 days.*

And the best thing about that? Whether it's in the home office, at the office, before a meeting or during your lunch break - it's very easy to integrate meditation into your daily work routine with 7Mind! We have developed exercises especially for this purpose, which can help you

cope with the working day in a more relaxed way.

In the 7Mind app, you will find courses, such as Confidence, Creativity, Productivity and Purpose in the category Performance. If you're just getting started with meditation and want to try it on your own first, just follow the tips and recommendations in this guide! Have fun with it.

Let's get started!

*You can read about the study results here:

<https://www.thieme-connect.com/products/ejournals/html/10.1055/s-0043-114004>

Which form of meditation suits me?



Tip from the app: the foundations

To get the most out of this guide, we recommend that you start with the free Initiation course in the 7Mind app. If you already have access to 7Mind Plus through an annual or monthly subscription or if you're using 7Mind through your employer or your health insurance, you can also start browsing our library for various topics.

Week 1: Find your meditation style

There are many different ways to train mindfulness. While some people like to relax during a guided body scan, others can only really unwind to the sound of an Indian flute. Each technique has its own benefits. If you are unsure which type of meditation is best for you, just try all methods. It's almost like sports. You know that working out is good for you, but you also know that some forms of exercise suit you better than others. I'm sure you invested a lot of time and sweat until you found the right type of sport for yourself. It's much the same with meditation.

Here are various meditation techniques that you can practice in the 7Mind app:

Noticing your thoughts

Many people assume that meditation means suppressing your thoughts. In reality, your mind will remain active. Just let your thoughts wander and quietly observe what is going on inside yourself.

Sound meditation

Whether it's nature sounds, a gong or a melody - sounds calm our entire organism. For example, taking a walk in the woods has been shown to lower blood pressure. Interestingly, the mere background noise of the forest can produce a similar effect.

Breath observation

Your breathing is always with you. It's a completely natural sensation that is available at any time. When you learn to observe your own breathing, you can direct your attention inward, train your focus, and anchor yourself in the present moment. n lenken, die Konzentration schulen und dich im Hier und jetzt verankern.

Visualisation and imagination

The steady movement of a river, the view from the top of a mountain, warm sand beneath your feet – visualising and imagining these kinds of situations can feel like taking a short vacation and provide important shifts in perspective.

Body scan

When performing a body scan, you will get to know yourself from head to toe and experience how your body parts feel. The body scan is about perceiving everything as it is, without wanting to change anything.

Silence is the great revelation.

— Lao Tzu

Find your meditation style



Noticing your thoughts

Learn to perceive your thoughts and feelings without judging or evaluating them.



Breath observation

Learn to use the power of your breath for inner peace and more focused concentration.



Sound meditation

Learn to focus on the sounds in your surroundings.



Visualisation and imagination

Learn to let yourself be carried away and enjoy deep relaxation.



Body scan

Get to know yourself and your body in all its parts and as a whole.

When and where to meditate?



Tip from the app: Professional development

In the 7Mind app, you will find various exercises in the Performance category that you can perform in your everyday work to realign your focus or relax. How about a meditation before a meeting, to reduce stage fright or to increase creativity?

Week 2: Find time and space for your practice

Congratulations, the first step is done! You have gained your first experience with meditation and learned about the different methods.

In the second week we will help you integrate meditation into your daily routine. First of all, there is no wrong time or place to meditate. The key is to find a moment of peace. Little breaks are always available, even at the bus stop, in the office, or at home. The 7Mind app makes it especially easy for you to implement your practice in everyday life, because all the meditations are available offline and only take a few minutes. By incorporating meditation into your daily life, waiting times, the commute on the subway, or your lunch break become potential for beneficial breaks.

There are no goals, only paths.
— Paul Richard Luck

Find your place of well-being



In principle, almost any place is suitable for meditation. In fact, the only thing that matters is that you are undisturbed. For the beginning, however, it can help to choose a place where you feel really comfortable.

If you're planning to set up a meditation corner at home, then candles, a meditation cushion, or a meditation bench can help set the mood. Whether that's next to the couch, in your bedroom, or outside on the patio is entirely up to you. You can also simply meditate on a kitchen chair or at your desk, if that's more comfortable for you.

No matter where you sit, try to maintain an upright sitting position. Your back should be as straight as possible, and your shoulders should drop back loosely. You can place your hands in your lap or on your thighs. That's all you need to do to start your practice!

Find the right time for you to meditate



If you are a morning person, just try to get up ten minutes earlier. This will give you a few quiet minutes that you can use for your meditation, allowing you to start your day in a relaxed manner.



During the day, taking breaks can also prove to be beneficial. A few quiet minutes will help you release tension and slow down the hectic pace of everyday life. This will help you increase your concentration and productivity for the rest of the day.



If you're a night owl, you can meditate before going to bed. The evening hours are a great time to reflect on the day's events and prepare your body and mind for sleep.

[illegible]

How do I turn it into a new habit?



Tip from the app: My Day

Our meditations in the category 'My Day' are a few minutes long and can accompany you throughout your day, first thing in the morning, on a commute and even before a meeting. Just by breathing calmly for a few minutes, you will already feel more relaxed.

Week 3: Step by step to your meditation practice

Welcome to week 3! You may have already discovered your favorite meditation and found the perfect place and time for your practice. However, don't put too much pressure on yourself and don't get discouraged if you take a break after a few days of practicing.

When you learn something new, it requires three things above all else: concentration, determination, and attention. All of these things require a lot of mental energy, so your brain aims to quickly turn these behaviors into routines. You can take advantage of this when it comes to your meditation practice.

Many people believe that a meditation practice should last as long as possible. However, science has shown that just a few minutes are enough to experience positive effects. Sometimes three minutes of mindfulness during your lunch break is just what you need and much more effective than 20 minutes that you laboriously fit into your morning routine.

Find ways to practise in your daily life! You will find that it will bring you peace and serenity, especially when the practice happens naturally and without being forced. There are many opportunities to be mindful. Suppose your train is late in the morning. Don't let it stress you out, but use the extra time for a short meditation.

There is no path to happiness: happiness is the path.

— Buddha

[illegible]

How can I be more mindful in my life?



Tip from the app: Silence and gong meditations

Some meditations in the 7Mind app don't have any instructions and can bring moments of stillness into your everyday life. Whether it's one, seven or 30 minutes, with or without a gong, just close your eyes and tap into your inner strength.

Week 4: Find ways to practise in your daily life

Welcome to the fourth week of your meditation practice. It takes three to five weeks before a new habit no longer requires any effort. You're more than halfway there! Don't forget to celebrate your successes and reward yourself, no matter how small your steps.

This week, try to be mindful of your daily activities. To do so, focus all your attention on what you are doing at the moment. It might feel strange, because we are trained to do as many things as possible at once. After all, multitasking is still considered an indispensable skill for many professions. However, it has been proven that our productivity and concentration suffer when we have to perform several complex tasks simultaneously. The better approach is to focus your attention on one thing at a time! This way you can concentrate your cognitive powers and have enough energy for the things that are important to you.

You will quickly notice that all things you do consciously can be a meditation – whether you are cooking dinner, standing in the shower or taking a walk. Direct your focus on the sounds, smells and sensations around you. Be fully present and focused, without thinking about past or future events. This will make you more mindful overall, not just during meditation.

The best way to take care of the future is to take care of the present moment. — Thich Nhat Hanh

[illegible]

How can I appreciate the little things?



Tip from the app: Gratitude

Practising gratitude on a regular basis can have a positive impact on your health, well-being and relationships. Search for “gratitude” in the 7Mind app. In the course you will find seven exercises that will help you embrace the good things in life.

Week 5: Strengthen your gratitude

In this fifth and last week, we would like to devote ourselves to a special topic: Gratitude. Gratitude is a special form of mindfulness towards yourself, your environment and life. Time to include the people in your life in your mindfulness practice!

Maybe you sometimes feel as if nothing is going the way you want it to. This is compounded by the fact that your brain processes negative impressions more strongly and thus distorts your perception. Practising gratitude can help you develop a much more positive view of the world.

It has only recently been discovered how gratitude transforms the brain and thus our behaviour. Gratitude is not just a simple emotional response, but is closely linked to attachment, reward, empathy and morality. And the best part? Gratitude can be learned and experienced through meditation, as your attention spectrum expands and small moments of happiness become more noticeable.

Have you noticed how your personal well-being and your interpersonal relationships change through mindfulness? Maybe you can listen better in a conversation or accept the quirks of those around you more easily. The initial effects are subtle, but they still make a crucial difference.

The path to all great things passes through silence.

— Friedrich Nietzsche

How do I find
like-minded
people?



Spread the love: share your experiences

Congratulations, you've made it! You've spent five weeks meditating, working on yourself and now you've reached the end of this guide. Take a few moments to pat yourself on the back.

How about telling others about your experience, maybe even finding a meditation partner? Do you know someone who could also benefit from meditation? It could be a colleague, a friend who is often stressed, a parent or someone else you feel connected to.

With the insights you've gained in the last few weeks, you can even convince sceptic people that meditation is not just for gurus. Mindfulness is an inner attitude that can help you get to know yourself better and build deeper relationships. **Dare to talk about it and you will find people who will walk the path with you.**

Whether on your own or with a meditation partner: meditation makes you happy! After all, regular mindfulness training promotes your well-being from the inside out. You will no longer be so easily distracted, you will be freer from external influences and more open-minded. More open to the beautiful moments in life and in your interactions with others. The best recipe for happiness. :)

Have fun with your meditation, we wish you all the best!

Your 7Mind team

P.S.: You can find like-minded people in the 7Mind community on Facebook. We look forward to meeting you!



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Have fun meditating



7Mind