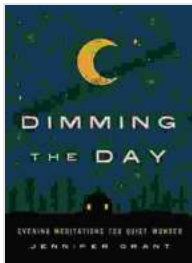


Dimming The Day: Evening Meditations for Quiet Wonder

Dimming The Day: Evening Meditations for Quiet Wonder is a collection of 365 evening meditations designed to help you find peace, tranquility, and reflection at the end of each day.



Dimming the Day: Evening Meditations for Quiet

Wonder by Jennifer Grant

★★★★★ 5 out of 5

Language : English
File size : 605 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 196 pages



Each meditation is short and easy to follow, and can be done in just a few minutes. They are perfect for winding down after a long day, or for simply taking some time to yourself to connect with your inner self.

The meditations in *Dimming The Day* are based on a variety of spiritual traditions, including Buddhism, Christianity, Hinduism, and Taoism. They are designed to be inclusive and accessible to people of all faiths and backgrounds.

Whether you are a seasoned meditator or a complete beginner, *Dimming The Day* is a valuable resource that can help you to create a more peaceful and reflective evening routine.

Benefits of Evening Meditation

There are many benefits to practicing evening meditation, including:

- **Reduced stress and anxiety:** Meditation has been shown to reduce stress and anxiety levels, and can help to improve sleep quality.
- **Increased self-awareness:** Meditation can help you to become more aware of your thoughts, feelings, and emotions, and can lead to a deeper understanding of yourself.
- **Improved focus and concentration:** Meditation can help to improve focus and concentration, and can make it easier to stay present in the moment.
- **Enhanced creativity:** Meditation can help to enhance creativity by allowing you to access your inner thoughts and feelings.
- **Greater peace and tranquility:** Meditation can help to bring about a greater sense of peace and tranquility in your life.

How to Use This Book

Dimming The Day is designed to be used daily. Each meditation is short and easy to follow, and can be done in just a few minutes. You can read the meditations aloud, or simply listen to them as you relax.

There is no right or wrong way to meditate. The most important thing is to find a method that works for you and that you can stick with. Experiment

with different meditations and find the ones that you enjoy the most.

If you are new to meditation, it may be helpful to start with a guided meditation. This type of meditation provides instructions on how to focus your attention and relax your body.

Once you have become more comfortable with meditation, you can begin to experiment with different techniques. There are many different ways to meditate, and there is no right or wrong way. The most important thing is to find a method that works for you and that you can stick with.

Sample Meditation

Here is a sample meditation from *Dimming The Day*:

Evening Reflection

Take a few deep breaths and allow your body to relax.

Close your eyes and bring your attention to your breath.

Notice the rise and fall of your breath as you inhale and exhale.

As you breathe, allow your mind to wander freely.

Notice any thoughts or feelings that come up.

Do not judge your thoughts or feelings. Simply observe them without attachment.

As you continue to breathe, allow your mind to become still.

Focus on the present moment and let go of the past and future.

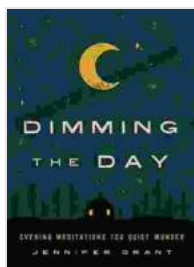
Allow yourself to sink into a deep sense of peace and tranquility.

When you are ready, open your eyes and take a few deep breaths.

Notice how you feel after the meditation.

Do you feel more relaxed, peaceful, and centered?

If you enjoyed this meditation, you can find many more like it in *Dimming The Day: Evening Meditations for Quiet Wonder*.



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