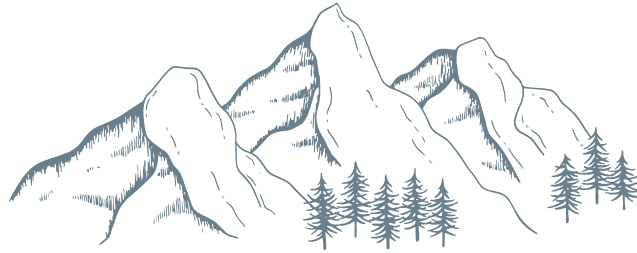




Chloey Turner  
WELLNESS



# Mindfulness

## MEDITATION

**For Beginners with Chloey Turner**

A Simple Guide to Mindfulness Meditation  
Practice and Journaling Included

**READ MORE**



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Chloey Turner  
WELLNESS

# Welcome

Hello, I'm Chloey, the founder of Chloey Turner Wellness and former lead dancer with the Grammy award winning show Riverdance. I am also someone who has been on my own journey through anxiety, panic attacks, depression and more.

Over the years I have developed what I call my 'Wellness toolbox'. This is a box of tools that helps me to manage life's challenges, cultivate calm within myself, and ultimately move through what can often be a challenging life with a little more ease and grace.

In this e-book I am going to introduce you to mindfulness, a practice that has been profound in helping me find peace more consistently and to manage life's stressors with less reactivity and more responsiveness.

It has taken me many years to get to a place where I feel I can give back and share some useful tools, so I do hope these can help you in some way.

Thanks for being here and for showing up for yourself.

You deserve to live as the very best version of you and I'm here to help as best I can.

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Chloey Turner  
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# A little more about my journey..

I look at my achievements and while I am extremely proud of what I've done and achieved so far, I also remember how often I struggled throughout my journey. Knowing that constant discipline, determination and passion are required to become successful is one thing, but the reality is it can be extremely difficult to practice if you struggle with your mental health.

For years, I kept my often crippling anxiety and depression a secret. As a child I missed many days of school, I struggled to learn and was extremely sensitive and insecure.

Often, my frequent panic attacks were mis-diagnosed as asthma. This all continued throughout my teens until I became agoraphobic after senior school, not wanting to leave the house.

When the opportunity to be in Riverdance presented itself (very long story as to how that came about) I felt as though in order for me to commence a life touring the world I'd simply have to become a pretty good actress. I must play the role that was expected of me and smile through it all. I just couldn't imagine letting anyone in on my secret. So I hid it, for years! The only person who had any idea was my father. He then passed away suddenly, leaving me feeling rather lonely and isolated.

When my career came to an end 12 years later, all that time of suppressing my unwanted emotions came to the surface and hit me pretty hard. I was exhausted in both mind and body! It meant I finally had to let friends and family in on how I had felt. Then followed trips to the doctor and meetings with therapists to start my journey towards improving my mental health and wellbeing..

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WELLNESS

# Continued..

During therapy sessions I discussed how yoga was something that had been making me feel a little better - on the days that I felt I could make it to a class anyway. I expressed interest in really wanting to learn from the most 'at peace' people in the world. I wanted to learn more about yoga, mindfulness & meditation. I couldn't afford therapy sessions for much longer. I wanted to understand the mind-body connection more with the goal to eventually learn to self-regulate.

I desperately craved the experience of contentment on a consistent basis as I had been living between fight, flight and freeze mode or a depressed state for far too long.

In spite of it all, I guess deep down I've always been quite determined. I wanted to tackle this once and for all, or at least learn to live with it in this next chapter of life, post dance..

So, I flew to Bali. It ended up being a life changing trip.

Fast forward a few years later and although I still experience challenging times as we all do, I have a toolbox that I continue to develop as I research more into the world of mental health and wellbeing.

I'm sure it will continue to adapt the more I learn, but for now..

I AM BETTER!

Completely healed and enlightened?.. Nope, but much better!

And you too can learn to live with more ease and grace.

Let's give it a go together.

Starting with my beginners guide to mindfulness..



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- **Tips for making a habit of mindfulness**





A Beginner's Guide to  
**Mindful**  
MEDITATION

Congratulations on your decision to enhance your personal growth and wellbeing through mindfulness. Keep in mind that mindfulness doesn't happen overnight. It requires consistent, daily practice. But the work you put into meditation will be returned a hundredfold. Having a clear mind that is able to skillfully navigate the turbulent waters of life is priceless!

If you're short on time, studies show it's better to spend 10 minutes on mindfulness each day, than to push for a longer session just once per week.

May this eBook motivate you and benefit your personal, daily practice!





**Understanding**



# Mindfulness

Mindfulness is the simple act of paying attention and noticing, being present in whatever you're doing.

In the words of Jon Kabat-Zinn, one of the greatest proponents of mindfulness in the field of modern medical science:

"Mindfulness means paying attention in a particular way; on purpose, in the present moment, and non judgmentally."

~ Jon Kabat-Zinn

# Mindfulness Practice

Often Embodies The  
Following Eight Attitudes



1. **Beginner's Mind** – Free of expectations from past experience
2. **Nonjudgmental** – Avoiding labels of right or wrong, good or bad
3. **Acceptance** – A willingness to see things the way they are
4. **Non striving** – No goal other than to be yourself
5. **Patience** – Remaining patient and in control
6. **Letting Be** – Letting things be with no need to change them
7. **Self-Reliant** – Deciding on your own, from your own experiences, what is true or not
8. **Self-Compassionate** – Loving yourself, your thoughts and emotions as they are





# Mindfulness

## Exercises

Take a moment to examine these attitudes in regard to your current state of mind. Write down the attitudes you wish to cultivate more of in your mindfulness practice.

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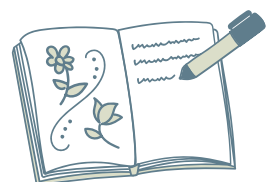
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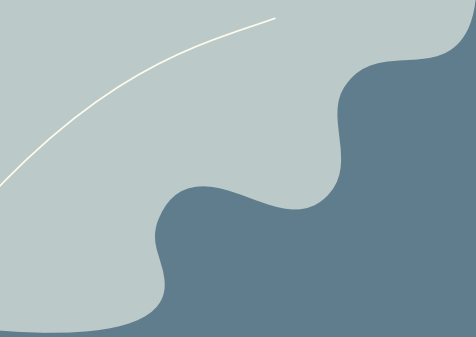
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A Beginner's Guide to  
**Mindful**  
MEDITATION

Once you begin to recognize the eight attitudes of mindfulness, it will become easier for you to apply these into your activities, and with other people.

- **learner's mind**
- **nonjudgmental**
- **acceptance**
- **non striving**
- **Patience**
- **letting be**
- **self-reliant**
- **self-compassionate**

Applying mindfulness during daily life is not always easy. Meditation helps us practice mindfulness in a more quiet space, where we're less likely to be distracted.

Mindfulness and an abiding peaceful, calm mind are like a garden. They flourish when certain conditions are present.



# Meditation Posture:

**There are several body positions that work well for mindfulness practice.**

- You can stand, sit or lie down to meditate.
- You can close your eyes or keep them open.
- Choose a comfortable position to avoid any distraction.
- If sleepiness is a problem for you during meditation, you can try meditating while standing or try keeping your eyes open.
- Find a quiet place to meditate where you can be free from distractions and can concentrate solely upon yourself.

Write down your thoughts about what body position you think will work best for you, and where you might set up to meditate. Make a checklist of things you may need prior to beginning meditation.

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# Mindfulness

## MEDITATION

The following are some different types of mindfulness meditation. These meditations can be practiced one by one, or you can progress through each within a single session.



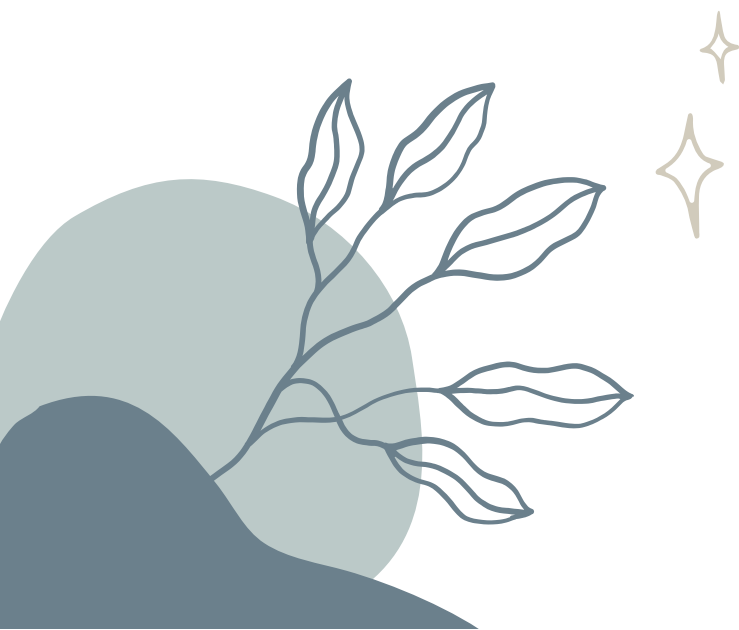
## Mindful Breathing

Sitting meditation typically begins with mindfulness of breathing. The breath is a good object on which to practice focused attention, because the breath is always available. Notice too, how the breath is in a constant state of change, as is everything in life.



## Mindfulness of Sensations

Next become aware of mindful sensations. Which sensations are prevalent at this moment? Noticing sensations as they come and go throughout the body makes the exercise more insightful of the present moment. Sensations may be either pleasant, unpleasant, or neutral. With mindfulness meditation, instead of analyzing the sensations, you simply acknowledge them.



## Mindful Hearing

Next, become aware of sound. As with sensation, apply the eight attitudes of mindfulness. Refrain from judging sound, and instead, simply notice what is present. Even in a soundproof room, you'd still hear internal sounds such as your heartbeat or your breath.



## Mindfulness of Thoughts & Emotions

Next, become mindful of thoughts and emotions. Focus your attention on the mind and the thought process itself. Just like the breath, sensations and sound, thoughts and emotions are always changing. Experience the thought process itself, versus becoming engaged in thoughts or emotions.

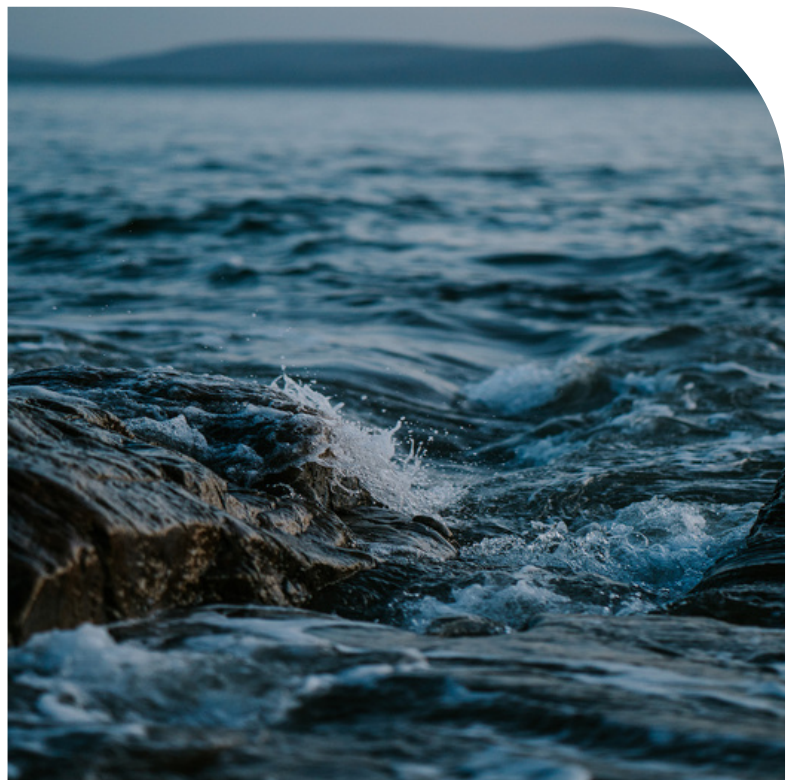




# Choiceless Awareness

Finally, practice resting in choiceless awareness. Choiceless awareness is being mindful of whatever arises moment to moment. Whether in the mind and body, whether a sensory phenomenon, thought or emotion.

If nothing is especially dominant to draw your focus, you can always go back to the breath – or sensations, sounds, thoughts or emotions – to anchor yourself to the present moment.



# Sitting Meditation Instructions

Sit in a comfortable position that will allow you to remain alert, and then focus your concentration on the following exercise.

- As you bring yourself into the present moment, check the mind and body for things you have carried throughout the day – perhaps things that have been going on recently or thoughts from the events of the day.
- Whatever the thoughts and feelings are, simply acknowledge them and allow them to be, without any analysis or judgment.
- Bring awareness to your breathing. Just breathe naturally and normally, without trying to control it; being mindful of the breath rising and falling as you inhale and exhale. As you breathe in, focus on breathing in. As you breathe out, focus on breathing out. Simply concentrate on the breath, breathing in and breathing out.
- Now gently shift your focus from the breath and bring it to sensations in the body. Observe and acknowledge the myriad of sensations flowing through the body as they change with each moment.
- If you find areas of tightness and tension with your body try to allow them to soften and relax.





# Sitting Meditation Instructions Continued..

- If you are not able to soften and relax, acknowledge the sensations and allow them to flow wherever they need to go and do whatever they need to do.
- Now draw attention to hearing, observing all sounds without ambivalence. Break the sounds down to basic sound waves that can be heard with the body. Acknowledge the multitude of varying sounds, internal and external, moment to moment.
- Notice how the sounds change with each moment, whether internal or external, the sounds rise and fall. Hear them appear and disappear.
- Now gently shift your focus to emotions and thoughts. Observe the mind without judgment; simply acknowledge the myriad of mental formations with each moment. Like lying down and watching the blue sky with clouds that move and change shape as they float by, watch the activity of the mind in the same manner.
- Notice how thoughts rise and form in the mind then recede when another thought takes over.



# Sitting Meditation Instructions Continued..

- The mind is constantly thinking about this and that, functioning with a life of its own, analyzing, planning, remembering, comparing, etc. Experience how these thoughts appear and disappear as just thoughts.
- As you observe and experience your thoughts and emotions, try to just let them be, knowing they will appear, disappear and recede in time. If you do get caught up in thoughts and feelings, that is okay. This is simply a way of returning to the present moment. Once you realize you are lost in thought, in that very moment you are no longer lost! Simply refocus on mind observation, imaging thoughts and emotions as clouds, and letting them float on by.
- If you become frustrated with a wandering mind, perhaps a brief return to mindful breathing would help you center yourself again, gently follow the breath in and out.
- Once you are centered again, withdraw awareness from mental events and focus on the present moment itself as your primary goal.



# Sitting Meditation Instructions Continued..



- Choiceless awareness invites you to become mindful of whatever arises with each moment, in the mind and body, whether a stream of emotions or thoughts, sensations, sounds or other sensory experiences. Just sit back and absorb the internal experience as body and mind combine and interact with constantly changing stimuli.
- Simply observe what is prevalent in the mind and body and be present to it. If nothing occupies the mind and you are unfocused, go back to another object or focus on breathing to anchor yourself in the present moment. Sometimes there are thoughts, emotions, sensations or sounds, but if nothing is occurring, you are always breathing and that can be your anchor in the sea of change in your body and mind.
- As you learn to give space to whatever is arising inside without judgment, you can begin to go with the flow. Then instead of fighting against arising phenomena, you will begin to acknowledge and understand that all things change. Even feelings of anger, sadness, pain, anxiety and confusion will diminish if you give these feelings space.
- Now, withdraw focus from choiceless awareness and come back to the breath, feel the entire body rise up on inhalation and fall down on exhalation.





# Sitting MEDITATION

## Journal

After each sitting meditation practice,  
take some time to write about  
whatever came up for you emotionally,  
physically and mentally.

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What do you hope to accomplish through

# Mindfulness PRACTICE?



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Do you see yourself making  
changes to better incorporate

# Mindfulness

PRACTICE?

into your daily life?



Remember, mindfulness practice is something you are doing for yourself and your well-being. It is important to maintain enthusiasm and dedication to your new practice when obstacles arise and daily tasks begin to get in the way.

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Write down any obstacles or tasks that interfere with your daily mindful meditation exercises.



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Write down any suggestions that might help you avoid this interference in the future.

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Now that you have begun to enhance your personal growth and self-awareness through mindfulness, write down any differences you may have already noticed since beginning your journey.

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Now take a moment to visualise yourself as an experienced meditator who has accomplished your goals for starting a meditation practice.

How does this new you look, act & feel? How do you show up in the world now?

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# Making a Habit of Mindfulness

In this e-book, I've introduced you to mindfulness, which is non-judgmental awareness of the present moment. We do this by practicing mindfulness every day in a structured meditation session, and then doing our best to bring ourselves back to the present moment throughout the day. It may sound simple, but as with any new habit, it can be difficult for the habit of mindfulness to take hold.

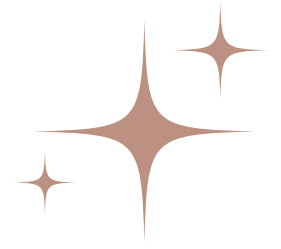
## Tips for Making Meditation a Habit

**These are some great tips from one of my wonderful teacher's Ashley Turner..**



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- Meditate in the morning. The longer the day goes the more our willpower gets exhausted and the more distractions arise.
- Find the time in your morning when you are most refreshed and inspired and make this your daily meditation time. For some people it is when they first wake up. For others, it is after coffee, breakfast, showering or exercise. Know yourself.
- It helps to pick a specific time and stick with it. Just as your body knows when it is time to wake up, time to sleep or time for coffee, your body will get used to meditating if it is done at the same time every day. It will cooperate and make it easier for you.
- Find a quiet spot in your home that is your place for meditation. It can be helpful to arrange your space in a soothing way that is inspiring and not distracting. Choose a few items that are meaningful for you. Just being in this spot will help you want to feel like meditating.
- Start small. Decide on a goal that is doable to begin with. Try the 5:2 approach (5 minutes twice a day). It is better to commit to 5 minutes of meditation every day, and to actually do it, than to commit to 45 minutes a day and to quit after the first few days.
- Get exercise! Being outside at least once a day and moving your body will help you have more energy and willpower to meditate. Even a 5–10 minute walk in nature can refresh and rebalance the nervous system and help to flush out stagnant energy.
- Stretch! Doing yoga or even just a few stretches before meditation greatly helps to bring the mind into the present moment.
- Set aside mindful activities. Commit to doing certain activities as mindfully as possible, without distractions such as TV, radio, talking on the phone or looking at the computer. It can be as simple as dedicating your shower time to being fully in the present, noticing sensations of the warm water, scents of the soap, etc.
- Use your favorite distractions as mindfulness reminders. Many of us have become habituated to checking our phones, getting online, turning on the TV when we feel bored or unsettled.
- When you notice yourself reaching for your favorite distraction, try giving yourself at least 30 seconds to simply pause and notice your breath, mind and the sensations in your body. You may notice emotions such as anxiety or sadness. This is a chance to simply be with those emotions. After 30 seconds you may find that you prefer being in the present moment. or you may decide to carry on with your favorite distraction....a lot more mindfully!





# The Mindfulness Mantra

As you begin to bring mindfulness of the present moment into your daily life, you will begin to notice the moments when you are not mindful. In moments of a stressed-out, busy-mind it can help to say the this mindfulness mantra to yourself..

“This is what I am  
doing right now.”

Saying this can be a powerful tool to give yourself permission to be exactly where you are right now.

# Thank you! ✨



**I firmly believe that meditation is the #1 thing you can do to sustainably improve the quality of your life.**

**Meditation is the best thing you can do to harness the power of your thoughts, shift your consciousness and live with a sense of gratitude, self-confidence and personal fulfilment.**

**A gentle reminder that it is better to practice every day for 5 – 10 minutes a day, rather than 30 minutes once every two weeks. It's the only way to really impact your relationship with your thoughts.**

**Notice who's really speaking in your mind.**

**Is this an uplifting, empowering voice? If not, you choose to disengage and flip your script.**

## Learn more

**My offerings:**

**Yoga & Mindfulness with Chloey.  
The From Head to Toe Academy for  
Irish dancers.**

**For workshops and all other  
enquiries, please find my website &  
email below.**

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