
Advanced Meditation Techniques

Mindfulness And Awareness

mindmap

root((Mindfulness And Awareness))

- Cognitive Awareness

 - Attention mechanisms

 - Thought labeling

- Somatic Awareness

 - Interoceptive signals

 - Micro sensory tracking

- Environmental Awareness

 - Mindful listening

 - Peripheral perception

- Real World Applications

 - Healthcare professionals

 - Corporate leadership