



## **Mindfulness with SAP - Focused Attention**

Thursday 21<sup>st</sup> May 2020

Focused Attention - Focused attention meditation, also called concentrative meditation, is when your attention is focused on a single object. In this type of meditation, the goal is to keep the attention focused and nothing else. So, if you were to stare at a candle, or repeat a mantra, you would just engage the mind in that practice. The more you practice, the better you will become at zoning in and the fewer distractions and lapses in concentration you will experience.

### **Recording Link:**

<https://us02web.zoom.us/rec/share/1cZRd4OvyVxLeIXy8Wr7VKJwL4buT6a81nAXrPcMnU5g1gypusd3kOIghfruuEQ>

Password: 6O#46@T%

Please note, you must be logged into the User Group website to download this recording.