

# 1. Calming Meditation for Shopping Addiction

Find a comfortable and quiet place to sit. Close your eyes and take a deep breath in, then exhale slowly. Repeat this a few times, letting go of any tension. Now, focus on your breath. Feel the air coming in and going out. If your mind starts to wander, gently bring your attention back to your breath. Imagine a peaceful place, like a calm beach or a quiet forest. Picture yourself there, feeling relaxed and at ease. Now, think about shopping and the rush it gives you. Notice any sensations or thoughts that arise without judgment. It's okay to feel whatever comes up. Visualize the things you've bought because of your shopping addiction. See them fading away, becoming transparent like bubbles and then disappearing.

Bring your attention back to your breath. Inhale, exhale. Inhale, exhale. Repeat these words to yourself: "I am more than my belongings. I find happiness within."

When you're ready, slowly open your eyes. Take a moment to feel the calmness you've created. Remember that you can return to this calm place anytime you need. Gently stand up and continue with your day, carrying this sense of calm and mindfulness with you.