

HOW TO START MEDITATING



BREATH

Don't try to "calm your mind." Instead, appreciate the sensations of your breath in the same way that a wine snob tastes a cabernet. When your mind starts wandering away into thoughts, just recognize that you're thinking. Then return to appreciating the sensations of your breath.



ARMS/HANDS

Relax your shoulders and arms, letting your hands rest on your thighs. Alternately, place one hand on another in your lap.



LEGS/FEET

If you're sitting in a chair, keep your feet flat on the floor and your spine straight. If you're sitting cross-legged on a cushion, the important thing is to have your knees below your hips. If you need a higher seat, make one.



EMOTIONS

Long-term meditators show increased size in brain regions associated with emotional regulation. "Larger volumes in these regions might account for meditators' singular abilities and habits to cultivate positive emotions, retain emotional stability, and engage in mindful behavior," according to a UCLA study.



EYES

Decide what you're going to do with your eyes. If you want the experience to be more body-based, close them. If you want to feel more anchored in the space you're in, keep them open.



TIME

Meditation isn't about length; it's about frequency. In the same way you don't get strong by lifting one giant weight one time, you should try and sit regularly. Five or ten minutes a day is a great start.



Tutorial Mindfulness Meditation

Lauren Gardner



Tutorial Mindfulness Meditation:

Enjoying the Tune of Phrase: An Emotional Symphony within **Tutorial Mindfulness Meditation**

In a world consumed by monitors and the ceaseless chatter of immediate communication, the melodic elegance and emotional symphony developed by the written word usually disappear into the background, eclipsed by the constant sound and disturbances that permeate our lives. However, situated within the pages of **Tutorial Mindfulness Meditation** a stunning fictional value brimming with raw emotions, lies an immersive symphony waiting to be embraced. Constructed by a masterful musician of language, this captivating masterpiece conducts viewers on an emotional trip, skillfully unraveling the concealed melodies and profound influence resonating within each carefully constructed phrase. Within the depths of the moving assessment, we will investigate the book's central harmonies, analyze its enthralling writing type, and surrender ourselves to the profound resonance that echoes in the depths of readers' souls.

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