

# 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.



# Mindfulness Meditation Tutorial

**Scott C. Dulebohn**



## **Mindfulness Meditation Tutorial:**

## Whispering the Techniques of Language: An Mental Quest through **Mindfulness Meditation Tutorial**

In a digitally-driven earth where screens reign great and instant interaction drowns out the subtleties of language, the profound techniques and mental subtleties concealed within phrases usually move unheard. Yet, situated within the pages of **Mindfulness Meditation Tutorial** a interesting literary prize pulsing with fresh feelings, lies an extraordinary quest waiting to be undertaken. Composed by an experienced wordsmith, this enchanting opus encourages readers on an introspective journey, softly unraveling the veiled truths and profound impact resonating within the very cloth of each word. Within the psychological depths with this moving evaluation, we can embark upon a sincere exploration of the book is primary subjects, dissect its interesting publishing type, and fail to the effective resonance it evokes strong within the recesses of readers hearts.

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