

# 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

**Rosina Ehmann**



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web purpose the purpose of these procedures is to ensure that pressure tests are conducted safely and effectively they cover pressure testing of new and existing pressure systems and components

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web in the pressure testing process the following ppes must be used hardhat safety glasses gloves face shields hearing protection 27 final testing the following sops must be followed during the pressure testing procedure increase the pressure gradually in light of asme standards and sops defined to check the system s response to the test

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web as initially explained pressure tests are performed to ensure pressure systems safety reliability and leak tightness pressure testing is essential especially for a new pressure system before use or an existing one after repair or modification there are two types of pressure tests hydrostatic and pneumatic

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