

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

Mindfulness Mastery



Tutorial Mindfulness Meditation:

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

In a digitally-driven world wherever screens reign supreme and quick conversation drowns out the subtleties of language, the profound secrets and mental subtleties hidden within phrases often go unheard. Yet, situated within the pages of **Tutorial Mindfulness Meditation** a charming literary prize blinking with natural emotions, lies an extraordinary journey waiting to be undertaken. Written by an experienced wordsmith, this marvelous opus attracts visitors on an introspective journey, gently unraveling the veiled truths and profound affect resonating within the very cloth of each word. Within the psychological depths of this emotional review, we can embark upon a honest exploration of the book is primary subjects, dissect its fascinating publishing type, and yield to the powerful resonance it evokes deep within the recesses of readers hearts.

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