

# 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

**Ian Gawler, Paul Bedson**



## **Mindfulness Meditation Tutorial:**

## Unveiling the Power of Verbal Beauty: An Mental Sojourn through **Mindfulness Meditation Tutorial**

In a global inundated with displays and the cacophony of quick connection, the profound energy and mental resonance of verbal artistry frequently disappear in to obscurity, eclipsed by the continuous assault of noise and distractions. However, set within the lyrical pages of **Mindfulness Meditation Tutorial**, a charming function of literary brilliance that pulses with raw emotions, lies an memorable journey waiting to be embarked upon. Composed with a virtuoso wordsmith, that interesting opus books visitors on an emotional odyssey, gently exposing the latent possible and profound impact embedded within the intricate internet of language. Within the heart-wrenching expanse with this evocative evaluation, we can embark upon an introspective exploration of the book is central themes, dissect its fascinating publishing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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