

# 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

**Robert R. Redfield**



## **Tutorial Mindfulness Meditation:**

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

In a digitally-driven earth wherever displays reign supreme and quick interaction drowns out the subtleties of language, the profound secrets and emotional subtleties concealed within words often go unheard. However, set within the pages of **Tutorial Mindfulness Meditation** a captivating literary prize sporting with fresh thoughts, lies an exceptional journey waiting to be undertaken. Published by a skilled wordsmith, that wonderful opus encourages visitors on an introspective journey, gently unraveling the veiled truths and profound impact resonating within the material of each word. Within the psychological depths of the moving evaluation, we can embark upon a sincere exploration of the book is core subjects, dissect their charming publishing design, and succumb to the strong resonance it evokes deep within the recesses of readers hearts.

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