

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

Bhante Gunaratana



Tutorial Mindfulness Meditation:

Adopting the Track of Term: An Emotional Symphony within **Tutorial Mindfulness Meditation**

In a world consumed by monitors and the ceaseless chatter of instantaneous transmission, the melodic elegance and psychological symphony developed by the published term frequently diminish in to the backdrop, eclipsed by the persistent sound and interruptions that permeate our lives. However, located within the pages of **Tutorial Mindfulness Meditation** a wonderful fictional value filled with fresh emotions, lies an immersive symphony waiting to be embraced. Constructed by a wonderful composer of language, this captivating masterpiece conducts viewers on a psychological trip, skillfully unraveling the hidden melodies and profound affect resonating within each carefully constructed phrase. Within the depths of this poignant evaluation, we will discover the book is key harmonies, analyze its enthralling publishing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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