

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

Ensheng Dong



Tutorial Mindfulness Meditation:

Whispering the Techniques of Language: An Psychological Quest through **Tutorial Mindfulness Meditation**

In a digitally-driven earth wherever monitors reign supreme and immediate transmission drowns out the subtleties of language, the profound secrets and psychological subtleties hidden within words frequently move unheard. However, nestled within the pages of **Tutorial Mindfulness Meditation** a interesting fictional treasure pulsating with natural emotions, lies an extraordinary journey waiting to be undertaken. Written by an experienced wordsmith, this wonderful opus attracts viewers on an introspective journey, delicately unraveling the veiled truths and profound affect resonating within ab muscles cloth of each and every word. Within the psychological depths of the moving evaluation, we shall embark upon a sincere exploration of the book is key themes, dissect its fascinating writing type, and fail to the effective resonance it evokes strong within the recesses of readers hearts.

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