

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:

The book delves into Tutorial Mindfulness Meditation. Tutorial Mindfulness Meditation is a crucial topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Tutorial Mindfulness Meditation, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Tutorial Mindfulness Meditation
 - Chapter 2: Essential Elements of Tutorial Mindfulness Meditation
 - Chapter 3: Tutorial Mindfulness Meditation in Everyday Life
 - Chapter 4: Tutorial Mindfulness Meditation in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of Tutorial Mindfulness Meditation. The first chapter will explore what Tutorial Mindfulness Meditation is, why Tutorial Mindfulness Meditation is vital, and how to effectively learn about Tutorial Mindfulness Meditation.
 3. In chapter 2, this book will delve into the foundational concepts of Tutorial Mindfulness Meditation. This chapter will elucidate the essential principles that must be understood to grasp Tutorial Mindfulness Meditation in its entirety.
 4. In chapter 3, this book will examine the practical applications of Tutorial Mindfulness Meditation in daily life. The third chapter will showcase real-world examples of how Tutorial Mindfulness Meditation can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of Tutorial Mindfulness Meditation in specific contexts. The fourth chapter will explore how Tutorial Mindfulness Meditation is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Tutorial Mindfulness Meditation. This chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Tutorial Mindfulness Meditation.

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