

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

Michael Hoelscher



Tutorial Mindfulness Meditation:

Unveiling the Power of Verbal Art: An Psychological Sojourn through **Tutorial Mindfulness Meditation**

In some sort of inundated with displays and the cacophony of fast conversation, the profound energy and emotional resonance of verbal beauty usually fade in to obscurity, eclipsed by the continuous barrage of noise and distractions. Yet, nestled within the musical pages of **Tutorial Mindfulness Meditation**, a interesting work of fictional brilliance that pulses with natural thoughts, lies an remarkable journey waiting to be embarked upon. Published by way of a virtuoso wordsmith, that exciting opus guides viewers on a mental odyssey, lightly exposing the latent possible and profound influence embedded within the intricate web of language. Within the heart-wrenching expanse of this evocative analysis, we shall embark upon an introspective exploration of the book is main themes, dissect its charming writing type, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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