

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.



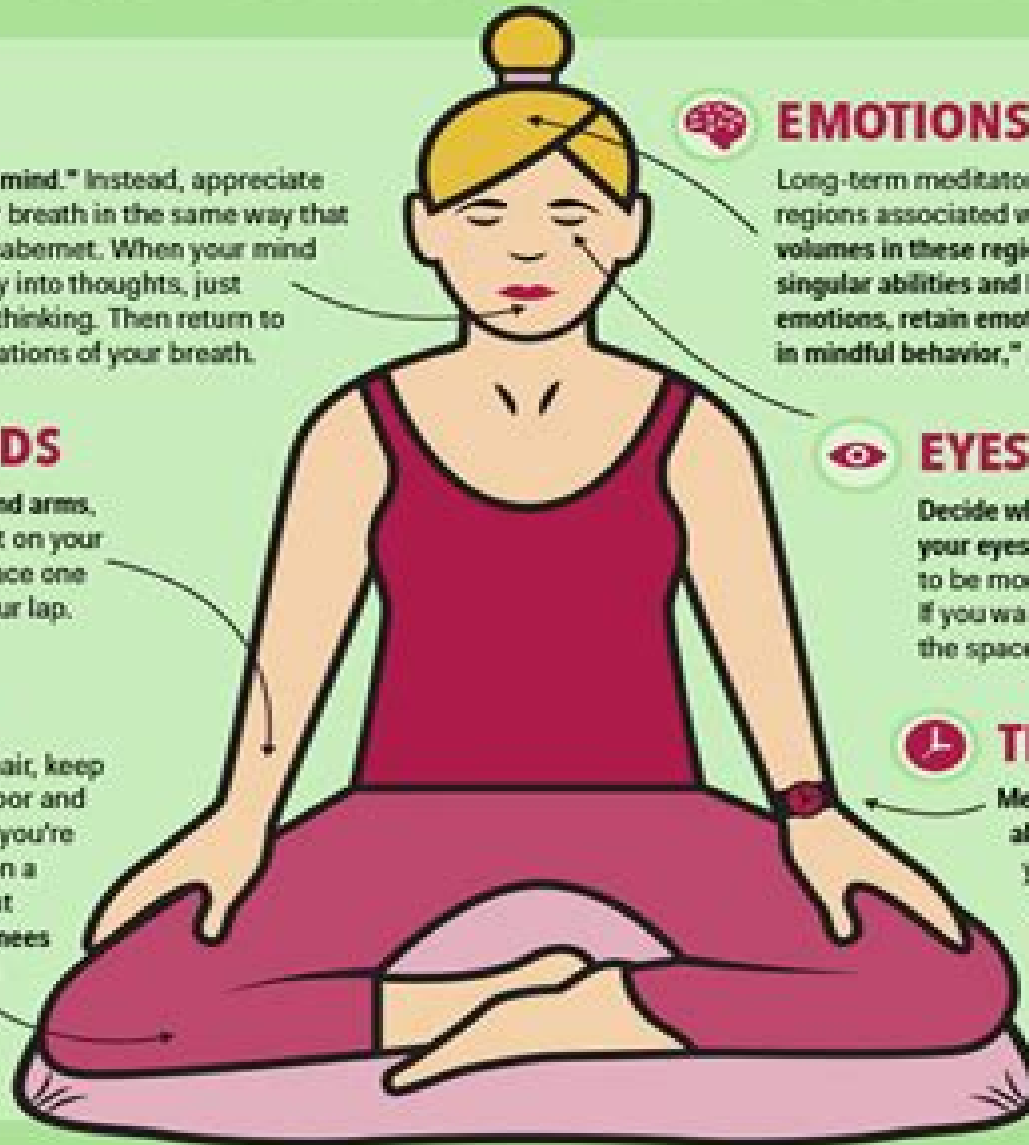
EYES

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.



Tips Mindfulness Meditation

Sebastian Brünink

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

Tips Mindfulness Meditation:

Embracing the Melody of Expression: An Mental Symphony within **Tips Mindfulness Meditation**

In a world used by monitors and the ceaseless chatter of instant transmission, the melodic splendor and emotional symphony produced by the published word often diminish in to the backdrop, eclipsed by the persistent noise and disturbances that permeate our lives. Nevertheless, located within the pages of **Tips Mindfulness Meditation** a wonderful literary value overflowing with natural emotions, lies an immersive symphony waiting to be embraced. Crafted by an elegant composer of language, that charming masterpiece conducts readers on an emotional journey, skillfully unraveling the hidden tunes and profound influence resonating within each carefully constructed phrase. Within the depths of this emotional review, we shall investigate the book is key harmonies, analyze its enthralling publishing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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