

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.



Tricks Mindfulness Meditation

Scott C. Dulebohn



Tricks Mindfulness Meditation:

Unveiling the Energy of Verbal Art: An Emotional Sojourn through **Tricks Mindfulness Meditation**

In a world inundated with screens and the cacophony of instantaneous conversation, the profound energy and mental resonance of verbal beauty often diminish into obscurity, eclipsed by the regular barrage of sound and distractions. Yet, located within the lyrical pages of **Tricks Mindfulness Meditation**, a captivating work of fictional splendor that impulses with natural thoughts, lies an unforgettable journey waiting to be embarked upon. Penned by way of a virtuoso wordsmith, this exciting opus manuals viewers on a mental odyssey, lightly exposing the latent possible and profound impact stuck 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's central styles, dissect its interesting publishing style, and immerse ourselves in the indelible impression it leaves upon the depths of readers' souls.

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