

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.



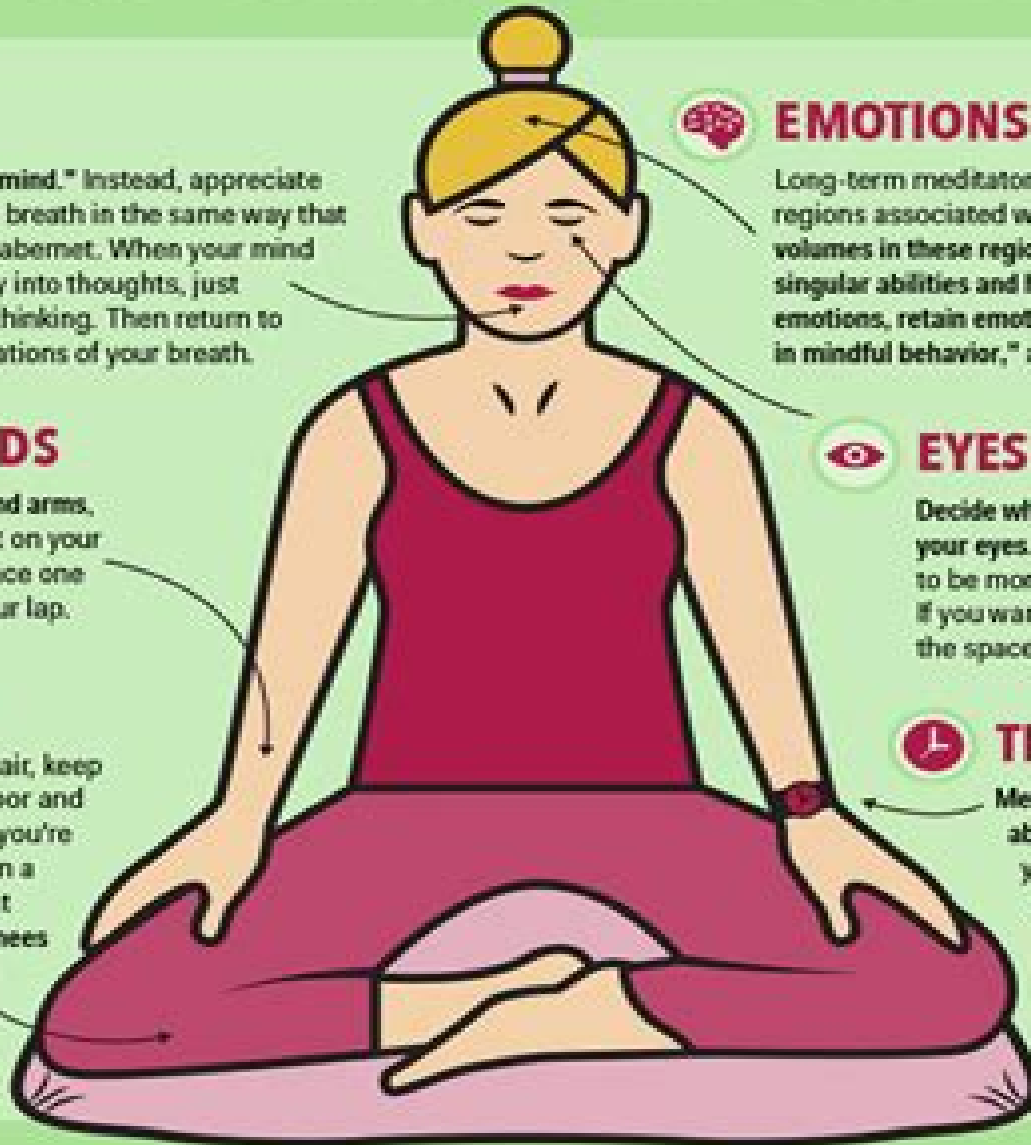
EYES

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.



Guided Meditation Techniques For Beginners

Patty Morgan



Guided Meditation Techniques For Beginners:

Unveiling the Energy of Verbal Art: An Emotional Sojourn through **Guided Meditation Techniques For Beginners**

In a global inundated with monitors and the cacophony of instant communication, the profound power and emotional resonance of verbal artistry often fade in to obscurity, eclipsed by the continuous barrage of sound and distractions. Yet, nestled within the lyrical pages of **Guided Meditation Techniques For Beginners**, a charming work of literary beauty that pulses with natural thoughts, lies an memorable journey waiting to be embarked upon. Published by way of a virtuoso wordsmith, this magical opus instructions readers on an emotional odyssey, softly revealing the latent possible and profound affect stuck within the complicated web of language. Within the heart-wrenching expanse of this evocative evaluation, we can embark upon an introspective exploration of the book is key styles, dissect its captivating writing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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