

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

JS Bruner



Guided Meditation Techniques For Beginners:

Whispering the Strategies of Language: An Mental Journey through **Guided Meditation Techniques For Beginners**

In a digitally-driven world where screens reign great and quick interaction drowns out the subtleties of language, the profound strategies and psychological subtleties concealed within phrases usually get unheard. However, situated within the pages of **Guided Meditation Techniques For Beginners** a charming fictional prize pulsating with raw feelings, lies a fantastic quest waiting to be undertaken. Published by an experienced wordsmith, that marvelous opus attracts readers on an introspective trip, softly unraveling the veiled truths and profound influence resonating within the fabric of each and every word. Within the psychological depths with this moving evaluation, we can embark upon a heartfelt exploration of the book is key themes, dissect its captivating writing type, and succumb to the strong resonance it evokes heavy within the recesses of readers hearts.

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