

# 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.



# Meditation Guide Trending Tips

**Sue Lilly**



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**Great Ideas** Thomas D. Klein, Bruce H. Edwards, Thomas L. Wymer, Bruce L. Edwards, 1991      **The Book Buyer's Guide**, 1960      **Pathfinders Travel**, 2004      *The Light of Superconsciousness* J. Donald Walters, 1999 We are now at a major turning point in our personal and planetary development Our values are changing dramatically many of us are moving away from our previous emphasis on mere worldly gain toward a new embrace of our own inner spiritual development The Light of Superconsciousness How to Benefit from Emerging Spiritual Trends explains the emerging techniques and attitudes that will help ease the transition to a more spiritually nurturing society and teach us to awaken the seeds of intuition freedom and joy that lie dormant within each of us This is the first book that applies the teachings of the great sage Paramhansa Yogananda 1893 1952 to the 21st Century Book jacket      *New Age*, 2001      *Staying on Top when the World's Upside Down* Joe Tye, 1996 Messages for Hope Resilience and Courage from people in the healthcare field during the time of the Covid 19

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