

# 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.



# Mindfulness Meditation Tricks

**Minjie Lin**



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## **Table of Contents Mindfulness Meditation Tricks**

1. Understanding the eBook Mindfulness Meditation Tricks
  - The Rise of Digital Reading Mindfulness Meditation Tricks
  - Advantages of eBooks Over Traditional Books
2. Identifying Mindfulness Meditation Tricks
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Mindfulness Meditation Tricks
  - User-Friendly Interface
4. Exploring eBook Recommendations from Mindfulness Meditation Tricks
  - Personalized Recommendations
  - Mindfulness Meditation Tricks User Reviews and Ratings
  - Mindfulness Meditation Tricks and Bestseller Lists
5. Accessing Mindfulness Meditation Tricks Free and Paid eBooks
  - Mindfulness Meditation Tricks Public Domain eBooks
  - Mindfulness Meditation Tricks eBook Subscription Services
  - Mindfulness Meditation Tricks Budget-Friendly Options
6. Navigating Mindfulness Meditation Tricks eBook Formats

- ePub, PDF, MOBI, and More
- Mindfulness Meditation Tricks Compatibility with Devices
- Mindfulness Meditation Tricks Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Mindfulness Meditation Tricks
  - Highlighting and Note-Taking Mindfulness Meditation Tricks
  - Interactive Elements Mindfulness Meditation Tricks
- 8. Staying Engaged with Mindfulness Meditation Tricks
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Mindfulness Meditation Tricks
- 9. Balancing eBooks and Physical Books Mindfulness Meditation Tricks
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Mindfulness Meditation Tricks
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Mindfulness Meditation Tricks
  - Setting Reading Goals Mindfulness Meditation Tricks
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Mindfulness Meditation Tricks
  - Fact-Checking eBook Content of Mindfulness Meditation Tricks
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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