

# HOW TO START MEDITATING

Take a seat



Find a position that is comfortable, calm and quiet

Set a time limit



If you're a beginner, set the timer for 3-10 mins

Follow your breath



Focus on the sensation of breathing in and out

Notice your mind



When your mind starts to wander, bring your attention back to your breath

Practice everyday



Aim to practice for a few minutes each day

Make progress



Slowly add a few more minutes each week and notice the benefits

# Dummys Guide To Meditation

**Stephan Bodian**



## **Dummys Guide To Meditation:**

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stay with one or two or a few that you like very much and get results from them Ideally you will have a single preferred meditation method and a few others that you like Make your preferred meditation your daily routine And the others you can do occasionally In this book I will try to give answers to these questions Find yourself You re on your way to be happy One Click for a Healthier Happier You Satisfaction is 100% GUARANTEED

**How to Teach Your Teen Kids the Law of Attraction According to Abraham-Hicks** Alden Clamor, 2024-11-12

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