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many of us,
getting started
with a
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practice isn't
easy. Perhaps
we've listened
to some talks,

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article or a
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mentions the
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meditation. We
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like the idea of
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incorporating
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mindfulness into
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our daily lives,
but we're not
sure where to
begin.

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*Ways to Ease
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consists of
three simple*

*steps: take a
good seat; pay
attention to the
breath; and when*

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*your attention
wanders, come*

back to your

breath. Below,

*Mindful's Editor-
in-Chief Barry*

*Boyce takes us
through the*

basics of

meditation for

beginners with a

*practice to re-
establish*

ourselves when

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*we feel off
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you're curious
about
mindfulness but

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aren't quite
sure about what
it means, you've
come to the
right place. The
concept of
mindfulness is
simple: it is
the moment-by-
moment awareness
of your
feelings,
thoughts, bodily
sensations, and

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surrounding
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environment, and
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accepting these
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thoughts and
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feelings without
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judgment.
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focuses on the

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present instead
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of regretting
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the past or
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worrying about
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Mindfulness is a
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Buddhist
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concept, but
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since the late
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1970s, it's been
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brought into the
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mainstream in a
secular manner,

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meaning anyone
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can practice it.
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not one of those
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experiment #2:
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exercise for
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people who hate
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to sit still. In
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this exercise,
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simply watch the
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thoughts that
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come into your
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head for a few
minutes.

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practice,
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especially for
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that actually
explains the
intricacies and
practices that
make up, well,
mindfulness.

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for busy people
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who want to
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reduce their
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stress and learn
letting go more
present in their
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practice: Start*

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*by just taking a
seat—it can be
on a chair or a
bench, even a
park bench. If
you prefer the
floor, you could
sit on a
cushion.*

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feeling the
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or as a way to
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return to
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mindfulness when
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life gets crazy
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and you lose
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your way.

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can get a little

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want to not only
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learn more about
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the practice but
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also learn
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various ways to
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tap into
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mindfulness. By
being guided
through a

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can learn what
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works for us and
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what doesn't,
and it also
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doesn't take
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more effort.
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meditating
really do go
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mindfulness are
the combination
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Zinn, Bob Stahl
and Elisha
Goldstein and
each of these
are essential to
mindfulness
practice -

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a mind that is
willing to see
everything as if
for the first
time with fresh
curiosity and
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of the breath
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and Qigong are
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exercises that
use slow and
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movements. These
are great for
slowing the
mind. Body Scan:
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