

# how to meditate

- 1** Sitting half-lotus is recommended but any comfortable position will do.
- 2** close your eyes
- 3** take 3 deep breaths
- 4** breathe in, thinking of the word “in” as you breathe in. Then, think “out” as you breathe out.
- 5** continue breathing while labeling your breathes “in”, “out”, “in”, “out”.

via **Thich Nhat Hanh** & the Vipassana Dhura Society.

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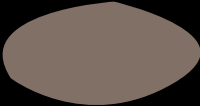


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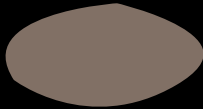
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# a simple guide to **meditating** on the breath



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