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Getting Started with Mindfulness

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ABOUT US

How to MEDITATE

When we meditate, we inject far-reaching and long-lasting benefits into our lives: We lower our stress levels, we get to know our pain, we connect better, we improve our focus, and we're kinder to ourselves. Let us walk you through the basics in our new mindful guide on how to meditate.



WHAT IS MEDITATION?



WHY LEARN HOW TO MEDITATE?



HOW TO MEDITATE



SOME BASIC MEDITATIONS



BEYOND THE BEGINNING





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AUDIO MEDITATIONS

MORE AUDIO MINDFULNESS



A BASIC MEDITATION TO TAME YOUR INNER CRITIC

00:00

An in-the-moment exercise for confronting the nagging voice in your head.



A MINDFULNESS PRACTICE FOR KIDS: COMING BACK TO THE POSITIVE

00:00

An in-the-moment exercise for confronting the nagging voice in your head.



A 5-MINUTE GRATITUDE PRACTICE: SAVOR THROUGH THE SENSES

00:00

An in-the-moment exercise for confronting the nagging voice in your head.



A BASIC MEDITATION TO TAME YOUR INNER CRITIC

00:00

An in-the-moment exercise for confronting the nagging voice in your head.



A MINDFULNESS PRACTICE FOR PRESCHOOLERS

00:00

An in-the-moment exercise for confronting the nagging voice in your head.



A BASIC MEDITATION TO TAME YOUR INNER CRITIC

00:00

An in-the-moment exercise for confronting the nagging voice in your head.



— MINDFUL PRACTICES FOR EVERY DAY —

As you spend time practicing mindfulness, you'll probably find yourself feeling kinder, calmer, and more patient. These shifts in your experience are likely to generate changes in other parts of your life as well.

Mindfulness can help you become more playful, maximize your enjoyment of a long conversation with a friend over a cup of tea, then wind down for a relaxing night's sleep. Try these 4 practices this week:



[Try This Simple Walking Meditation](#)



[5 Steps to Mindful Listening](#)



[Loving-Kindness Practice for Every Day](#)



[5 Steps to Wind Down and Fall Asleep](#)



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