





Meditation is not a means to an end. It is both the means and the end.

Jiddu Krishnamurti



LiveAndDare.com

Welcome To A Peaceful world...

Where mind and body both are aligned...









Use cases

UI design

UX design

Wireframing

Explore

Design

Prototyping

Development features

Blog

Best practices

Resources

Colors

Why Practice Mindfulness?

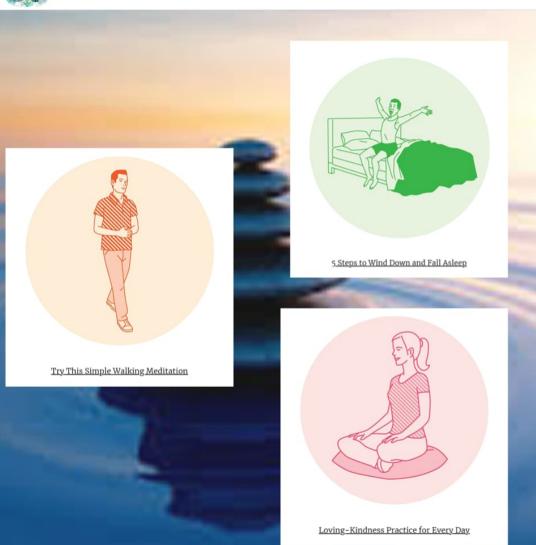
Some of the most popular ideas about mindfulness are just plain wrong. When you begin to practice it, you may find the experience quite different than what you expected. There's a good chance you'll be pleasantly surprised.

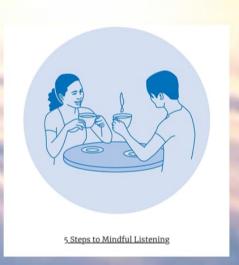
Mindful's founding editor, Barry Boyce sets the record straight regarding these <u>5 things</u> <u>people get wrong about mindfulness:</u>

- 1. Mindfulness isn't about "fixing" you
- 2. Mindfulness is not about stopping your thoughts
- Mindfulness does not belong to a religion
- 4. Mindfulness is not an escape from reality
- 5. Mindfulness is not a panacea













Read about the Power of Your Breath



Your Breath is Your Brain's Remote Control

CRYSTAL GOH



How to Fight Stress with Intentional Breathing

B GRACE BULLOCK PHD



How Your Breath Controls Your Mood and Attention

B GRACE BULLOCK PHD





What Is Meditation and Why Does It Matter?





Popular Meditation Postures



Burnese



Bench



Cushion on Chair





Cushion Behind Back















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