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Mindfulness is often seen as a state of deep concentration or absorption.

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meditate. 1. Allocate Time and Space.  
You are not required to use a meditation  
cushion or any kind of equipment to  
practice mindfulness, but you have to  
set some time and space. 2. Pay  
Attention to the Present Moment as It Is

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A good place to start understanding mindfulness, for beginners, is to think of it as becoming more aware of the present moment. While that sounds easy enough, to actually be in this state of present-moment awareness requires intentional effort. It's not our ordinary way of being in the world.

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simply choose to focus your attention on the sensations of breathing. This is your anchor - a point of reference that you try to return to whenever possible. 4. Sense the breath as best you can.

## **Mindfulness Exercises for Beginners Infographic Guide**

Mindfulness meditation consists of three

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simple steps: take a good seat. pay attention to the breath. and when 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 we feel off track.

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Mindfulness Can Just Make You Healthier Overall By being aware of your body and reducing your stress, anxiety, and depression symptoms, mindfulness allows you to be healthy. This is because mindfulness works by allowing you to

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brings attention to the whole experience (thoughts, smells, sight, tastes, body sensations, sounds) without judging or altering the experience in any way.

## **Mindfulness 101: A Beginner's Guide to Mindfulness**

As you'll see on the mindfulness daily practice guide, I recommend lighting



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your lychee flower scented candle as part of a morning intention-setting practice. I find it's a great way to start the day uplifted and empowered to make the most of the hours ahead. Get Your Mindfulness Kit. The Freebies

**Tiny Buddha's New Mindfulness Kit:  
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Meditation or specifically mindfulness meditation is growing in popularity in the West. This ancient practice that hails from India has been proven to benefit both physical and mental health of human being. Getting started with meditation is simple, as the concept revolves around observing your breath or a similar meditation object.

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Mindfulness for beginners is an entry tool that can be used by anyone. It does not require many resources to use and consists of training the mind to be aware of the internal states that occur daily. Our thoughts, emotions, bodily sensations, everything we overlook. You should also try the Marcus Aurelius

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