

Guide to Meditation

BY DAREBEE
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Meditation optimizes the way the brain handles information making it generally more efficient and it even contributes to an increase in gray matter in the frontal lobes where all the higher brain functions take place.

The best way to view meditation then is as a form of exercise for the brain, enabling it to improve significantly on its everyday performance, much like physical exercise optimizes and improves the way the body works.

How To

- Wear comfortable clothing;
- Sit somewhere where it is quiet;
- Sit somewhere you are comfortable;
- Make sure the environment is neither too cold nor too hot;
- Give yourself a timer (stopwatch, phone app or alarm clock);
- Don't be overly anxious about the time.



BENEFITS

- Improved memory;
- A sense of peace;
- A sense of quiet energy, like your brain has rebooted;
- Improved productivity and the ability to prioritize things;
- An improved sense of alertness;
- An overall sense of wellbeing that will also positively affect your health;
- Reduced stress levels.

Meditation Guide Comparison Codes

Susan Ingram,Irene Sywenky

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Comparative Literature in Canada Susan Ingram,Irene Sywenky,2019-11-05 This timely volume takes stock of the discipline of comparative literature and its theory and practice from a Canadian perspective It engages with the most pressing critical issues at the intersection of comparative literature and other areas of inquiry in the context of scholarship pedagogy and academic publishing bilingualism and multilingualism Indigeneity multiple canons literary and other the relationship between print culture and other media the development of information studies concerted efforts in digitization and the future of the production and dissemination of knowledge The authors offer an analysis of the current state of Canadian comparative literature with a dual focus on the issues of multilingualism in Canada s sociopolitical and cultural

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