

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.

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Wolfgang Guggemos

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In a digitally-driven world where displays reign supreme and quick communication drowns out the subtleties of language, the profound secrets and mental nuances concealed within phrases usually get unheard. Yet, set within the pages of **Meditation Guide Benefits Cheap** a fascinating literary treasure pulsing with organic feelings, lies an exceptional quest waiting to be undertaken. Written by a talented wordsmith, this wonderful opus attracts readers on an introspective journey, gently unraveling the veiled truths and profound impact resonating within the very cloth of each and every word. Within the mental depths with this touching evaluation, we shall embark upon a genuine exploration of the book is key themes, dissect their fascinating writing design, and fail to the strong resonance it evokes strong within the recesses of readers hearts.

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