



GETTING STARTED WITH  
**MINDFUL  
MEDITATION**

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1. Find a quiet place to practice.

2. Sit on a chair, cushion, or the floor. Keep your back straight, but not rigid. Place your hands on your thighs and let your gaze rest on the floor in front of you.

3. Turn your attention towards your breathing. Notice the feeling of your breath going in and out.

4. As you practice meditation, you may notice your mind wander. Acknowledge that you are having a thought or are feeling a particular emotion, then return your attention to your breathing.