

# 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.

# Quick Guide To Meditation

**IM Harris**



## **Quick Guide To Meditation:**

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