

**LEARN HOW TO MEDITATE - RELAXATION
TECHNIQUES FOR INNER PEACE (A BEGINNERS
GUIDE TO MEDITATION)**

Leann Mcbroom

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For example "how to keep my mind from wondering" the article said to imagine being in a white room with no doors and no windows and then to concentrate on breathing. This is ok. Exact matches .

The sharing of loving kindness is something we can do every day, both before and during meditation, you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress. My meditation for beginners guide aims to give you all the information you need to get started. Stop when it happens. First-Timers' Retreat Sep 13-