



The Beginner's Book of Meditation: A Practical Guide to Meditation and Breathing Techniques (for Paperwhite devices)

Attila Orosz

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****Follow the author's blog: <http://www.beginnersmeditation.info/blog> for more great free content and subscribe to the Meditation for Beginners newsletter to get updates of upcoming releases, free giveaways, special offers and more.****

Why don't people breathe correctly? What is meditation? How can you start learning it? How will you know, if you are doing it right? How much should you practise?

After having these important questions answered, you will find yourself learning simple breathing techniques, along with the most effective meditation methods and QiGong practised sitting or in movement, including traditional and lesser-known techniques, from **down-to-earth descriptions**, and **over 250 illustrations**, hand-drawn by the author (B&W).

Who is this book for?

This book is meant for anyone and everyone interested in learning meditation, regardless of age, sex, physical or mental state or ability, religious or spiritual views, and previous experience in meditation practice. Meditation will be regarded as a tool, or vehicle, you might use along your path. You will find less about the philosophy and history of meditation practices and more practical advice on how to perform and observe each traditional or modern method described.

The techniques taught in the book, are not follow-along meditations, that you can just do step-by-step, prescribed for specific goals, situations, or life events. The goal of this volume is to help you understand meditation, empowering you with the knowledge and experience to build up your own routine and your very own, personal meditation practice.

While aimed at the beginner, more advanced practitioners may also find interesting information, and some less commonly known techniques to learn.

Do you have 15 minutes for your health?

Most of the meditation and breathing exercises described in this book, can be completed in under 15 minutes. Practising meditation and mindfulness for 15 minutes a day will benefit not only yourself, but everyone in your environment, be it your family, your neighbour, or your colleagues at work.

Major methods and techniques described in the book:

Breathing

- How to breathe smoothly?
- Simple, advanced and full abdominal breathing
- Embryonic, or inverted breathing
- Diaphragmatic breathing
- Full yogic breathing
- Square or circular breathing

Sitting meditation

- Music relaxation
- Zen meditation
- QiGong meditation
- Basic mantra meditation
- Mental imagery and visualisation exercises
- Breathing in synchrony – A partner meditation
- Mandala meditation
- Opening the Crown Chakra

Moving meditation

- Walking meditations
- BaDuanJin QiGong, the Eight Pieces of Brocade
- Shavasana

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Ray Davis:

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John Harrison:

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