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by ...

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Stage 1: Envision yourself Find a comfortable place, sit in sukhasana (cross-legged position) or sit on a chair / couch. Keep your spine straight,... Be in this position for a few seconds, make sure you ' re comfortable and allow your mind to settle down. Now bring your attention to your breath. Take a ...

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June 15, 2019 Being Zen. If you 've ever been to a yoga class or meditation sitting, there 's a good chance you 've heard a singing bowl. Often used to signal the start or end of a meditation period, singing bowls are known for producing a soothing, relaxing, sustained musical

tone. This is an example of what a singing bowl sounds like: Singing bowls are also sometimes referred to as standing bells.

Being zen : bringing meditation to life - Evanston Public ...

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