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Time Required. Five minutes daily for at least a week. Evidence suggests that mindfulness increases the more you practice it. How to Do It. 1. Holding: First, take a raisin and hold it in the palm of your hand or between your finger and thumb. 2.

Raisin Meditation | Practice | Greater Good in Action

It can help to set aside a designated time for this exercise, but it can also help to practice it when you're feeling particularly stressed or anxious. Experts believe a regular practice of mindful breathing can make it easier to do it in difficult situations.

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