

# Even a Few Minutes of This Can Boost Happiness, Says Study

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## *Huffington Post:*

I have been experimenting with mindfulness meditation recently. Originally a Buddhist practice, mindfulness meditation focuses on moment-to-moment awareness, of one's body and its sensations and one's immediate surroundings. When thoughts intrude on this aware state — as they always do — you gently let them go as you return to the moment. It's very calming — and really hard.

It's hard because the mind does not want to stop churning out thoughts. I'm told that with time and practice, meditation becomes easier, and what's more that it brings a variety of emotional and health benefits. Those testimonials are why I'm doing this, but I confess the prospect is daunting. Expert Buddhist practitioners log some 10,000 hours of training, and even neophytes should expect to log 70 or more hours of training, over months, before seeing any noticeable benefits.

Read the whole story: [Huffington Post](#)