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When people think about meditation, many picture old men sitting cross-legged on remote mountaintops. People describing meditation frequently mention elements such as gurus, relaxation, and "thinking about nothing". It is not necessary to travel to a mountaintop to enjoy the benefits of meditation because it is actually more about awareness than just relaxation. The secret to meditation is breathing.

人们一想到冥想，脑子里就会浮现出在深山顶上老人盘腿而坐的画面。许多人在描述冥想时，也总是要提到古鲁、放松、什么都不想等要素。不一定登上山顶才能享受到冥想的好处。因为冥想时意识比放松更重要。冥想的秘诀是呼吸。 编辑推荐：名师指导公共英语阅读考试技巧 公共英语pets三级全真模拟试卷 公共英语pets二级语法讲解汇总 100Test 下载频道开通，各类考试题目直接下载。详细请访问

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