

# The top 5 meditation teachers who make it easier to sit with yourself



**Paula Tursi, Founder, Reflections Center of Conscious Living, Midtown Manhattan**

**The Tradition:** Meditation for the senses

Tursi teaches you to engage with your surroundings on the sensory level. Focusing on “really listening and feeling” is meant to “pull us out of our minds and into our bodies.” Tursi says “meditation is not about shutting off thoughts; that would be like asking your heart not to beat. It's about allowing thoughts, but not giving them energy, and instead noticing sensations.”

**Who's it good for?** Those with an active mind and who maybe isn't used to feeling their emotions, so they might be experiencing stress or anxiety instead, says Tursi. She recommends sitting quietly and focusing on the environment around you and accepting all the thoughts coming in. “What feels like an unsuccessful meditation is actually highly productive when you're allowing whatever is, to be,” she says. “If your mind is really busy, then you can watch that. And that's a successful meditation. How we deal with frustrating moments is how we deal with life.”

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