

## How To Meditate A Practical Guide To Making Friends With Your Mind

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this is a clear compilation of methods of meditation from the buddhist mahayana tradition of central asia. it will give an overview over the main methods of meditation, beginning with the basics, calming of the mind, followed by types of analytical meditation, then visualisation techniques from simple methods until mentioning an advanced practice, followed by short texts of meditation as used in the buddhist tradition.

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The basics of mindfulness awareness practice, from proper posture to learning to settle to breathing and relaxation. - Gentleness, patience, and humor--three ingredients for a well-balanced practice. - Shamatha (or calm abiding), the art of stabilizing the mind to remain present with whatever arises.

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TextBook How To Meditate A Practical Guide PDF

Highlights: 1. We have to accept our positivity as well as our negative traits, and determine to nourish the good and transform or eliminate the bad aspects of our character. Free ourselves from ignorance, self-cherishing, and all negative energy in order to help others. 2.

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