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process. It is going
beyond all the
formations of the
mind, beyond all
the (mental)
structures that one
has built to make
life 'comfortable'.

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more natural
process of growth,
you realize that
you have been

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Holding on to who you are at the very same time that you have been trying to change. Pushing off of the past is just another way of holding on to it.

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The experience of meditation is the experience of letting go of who you are.

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Meditate on this: "I
feel my discomfort
and recognize its
purpose." I See

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Stuck. In order to
achieve personal

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you must observe
how you are
perpetuating your
own suffering. You
need to see how
you obstruct your
own progress in
order to achieve
your goals.

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we inject far-
reaching and long-
lasting benefits into
our lives. And
bonus: you don't
need any extra
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are five reasons to
meditate: 1:
Understand your

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Day 2: Connecting

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To Stillness. The traditional image of a meditator is someone sitting cross-legged with eyes closed and their hands resting on their knees, with thumbs and index fingers touching to form a circle as they chant the sound "om". That chanting of

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om is what's called
the chanting of a
mantra.

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Become aware of
your body's various
sensations,
whether that's
pain, tension,
warmth or
relaxation.

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Combine body scanning with breathing exercises and imagine breathing heat or relaxation into and out of different parts of your body. Repeat a mantra. You can create your own mantra, whether it's religious or secular.

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stress-reduction
break wherever
you are ...

The key is to gently
grow into these
good mindfulness
habits by

Incorporating
meditation
techniques and
practices into our
daily lives. When
we proceed with

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these important
mindfulness
exercises, it
becomes effortless.
And each day,
these tiny shifts in
our consciousness
create powerful
and long-lasting
transformation in
all aspects of our
life.

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power to “hook”
you into certain
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