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Fri, 20 Jul 2018 07:55:00 GMT - the essence of meditation is to realize and inhabit this whole and lucid awareness. We practice meditation by receiving all the domains of experience with a mindful, open attention. These domains include breath and sen-sations; feelings (pleasant, unpleasant and neutral); sense perceptions, thoughts and emotions; and awareness itself.

How To Meditate - Tara Brach -

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