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...

The Beginner's Guide to Meditation

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Mindfulness meditation can increase selfishness and reduce generosity among those with independent self-construals

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When Japanese chef Yoshihiro Murata travels, he brings water with him from Japan. He says this is the only way to make truly authentic dashi, the flavorful broth essential to Japanese cuisine. There ' s ...

Mindfulness meditation can make some more selfish and less generous Buddhism asks its followers to understand ... sometimes to express their beliefs or sometimes to ask for help. Meditation is about the guided transformation of the practitioner through their ...

Why do Buddhists meditate?

He was teaching meditation in Moscow, and “ met a chap who loved what I was doing, though he said a bald headed guy in a skirt was quite an obstacle to people in the West. ” The connection between ...

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Meditation? There's an App for That

In today's device-driven world, a mobile phone app can be your meditation teacher and guide, gentle daily reminder ... Colgan said a Buddhist monk she once interviewed about his meditation ...

Meditation: Doing little, achieving a lot and Buddhism has, in my experience, fallen short in developing the social practice of what I call “inter-mindfulness,” or what meditation teacher Shinzen Young calls “the monastery of relationships,” ...

Mediation And Meditation: The Deeper Middle Way

Buddhist spiritual leader, the 14th Dalai Lama, turns 86 Tuesday. Born Lhamo Thondup, he was recognized as the reincarnation of the 13th

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Dalai Lama, Thubten Gyatso, at the age of two and was given the ...

Dalai Lama Quotes: 10 Sayings To Celebrate The Buddhist Spiritual Leader's 86th Birthday

The Buddhist community I am affiliated with, Insight Meditation Center (IMC), is also ... The whole process is guided by a singular North Star: the core Buddhist ethical principle of nonharming.

Taking a sacred pause

Thomas Cleary, who translated scores of Buddhist, Taoist, ancient Chinese and other texts into English, greatly broadening access to these works in the West, died on June 20 in Oakland, Calif. He was ...

Thomas Cleary, Prolific Translator of Eastern Texts, Dies at 72

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Throughout many centuries, it has taken on fascinatingly different shapes as it has adapted to many different cultures and regions, a process that is repeating itself as Buddhism moves west and into ...

Buddhism in America, Revised and Expanded

A Buddhist ceremony may begin with a guided meditation, which lets the attendees cultivate mindfulness and loving-kindness. A member of the wedding party may then read passages by revered figures ...

What to Expect at a Buddhist Wedding

A common assumption among my patients is that all forms of meditation produce the same benefit. Are they correct? As a physician, I ' m called upon to guide patients to the most effective treatment.

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A number of monks live in the Thien Tuong Temple at 1512 N. McKinley Ave. Currently, worshipers pack into the garage for prayer and services.

Champaign council approves new temple for Vietnamese Buddhist community

This is one of the most well-organized and accessible books on Buddhism available anywhere ... Aside from this, some employers also allow their employees to do guided meditation in their free time.

What are the 'Zen habits', and why is it essential for our generation? Here ' s what to keep in mind You ' ll want a wide range of meditation options. A great app should include guided meditations ...

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It might not seem essential, but a well-considered app will ...

What to Look For in a Meditation App

Odiyana Buddhist Center ' s Resident Teacher Gen Khyenwang will guide a simple, brief meditation to cultivate a peaceful mind. Everyone is welcome, including children and pets. Visit [https ...](https://www.odiyanabuddhistcenter.org/)

Community News For The East Hartford Edition

The meditation market is expected to grow to over billion by 2022. MR-MENG/Getty ImagesWhen Japanese chef Yoshihiro Murata travels, he brings water with him from Japan. He says this is the only way to ...

Mindfulness meditation can make some Americans more selfish and less generous

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Like any practitioner, I have personal preferences on topics like sitting positions and the essential versus ... by a participant after a guided group breath meditation exercise.

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