

Meditation As Spiril Practice

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The trendy practice may spur people to focus on their individual goals and desires unless they take steps to think more interdependently ...

Mindfulness meditation can make some Americans more selfish and less generous

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Science of Identity Foundation releases 'Kirtan Meditation' video series

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The aim of this practice is to develop ... As my interest in meditation grew, I became caught in the naïve trap of wanting to become spiritual and enlightened rather than kind and compassionate.

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These team building activities help individuals practice compromise ... Project.KB knows that meditation and movement benefits the spiritual self and raises our level of consciousness which ...

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often cultivated through meditation. A range of studies have found mindfulness to be beneficial for the people who practice it in a number of ways. However, very little research has examined its ...

Mindfulness meditation can make some Americans more selfish and less generous

Jessamyn Stanley's new book, "Yoke," begins with a spiritual awakening prompted ... Stanley said she didn't find her meditation practice until she stopped looking for it.

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