

Minding Closely The Four Applications Of Mindfulness B Alan Wallace

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FOUR APPLICATIONS OF MINDFULNESS

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Mindfulness is the practice of purposely bringing one's attention to experiences occurring in the present moment without judgment, a skill one develops through meditation or other training. Mindfulness derives from sati, a significant element of Buddhist traditions, and based on Zen, Vipassanā, and Tibetan meditation techniques. Though definitions and techniques of mindfulness are wide ...