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Meditation Wikipedia

Whilst asanas and positions such as the full lotus half lotus Burmese Seiza and kneeling positions are popular in Buddhism Jainism and Hinduism other postures such as sitting supine lying and standing are also used Meditation is also sometimes done while walking known as kinhin or while doing a simple task mindfully known as samu Use of prayer beads

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The primary purpose of the College of Inner Awareness Metaphysical Studies and Spiritual Studies is to train and educate prospective leaders for metaphysical ministries and schools through Distant Learning or On campus Training

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What Others Think IN THE NICK OF TIME I would just like to add that the Taoist Meditation OEXP073 which i downloaded last night was exactly the information i have been looking for I stumbled on to the state of Sartoi a few weeks ago when trying out meditation and i realized then that it was a state of being which brought great relief and peace of mind

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