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on meditation (with an emphasis on some of the spiritual dimensions), it's definitely a good choice. The ultimate reason for meditating is to transform

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Ourselves in order to be
better able to transform the
world.

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It's hesitant and confused.
The mind is Fragmented and
weakened by Inner
Contradictions. Finally
because it's addicted to
Inner Chatter and Background
Noise. 2) With Meditation
you can transform your mind.

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and Anxiety. Can provide an
understanding of how the Ego
deceives and misleads.

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In simple, clear language, Ricard walks readers through the theories and practicalities of meditation, demonstrating its many benefits in our modern world. He shows readers how to achieve

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emotional balance, enhance
mindfulness, expand
altruistic love, and develop
a sense of inner calm; while
also reducing anxiety,
vulnerability to pain, and
tendency toward depression
and anger.

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Why Meditate: Working with
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It is a complete guide to
meditation, an act to calm
our mind and free it from
massive floods of thoughts.

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The book explains two types of mediation in Buddhism, Shamatha and Vipashyana. In Sangkrit, the first technique is used to seek “peaceful state of mind”, whereas the later aimed to “liberate the mind” to a

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There is not much point in
resting in a state of inner
bewilderment. There is
indeed an element of
relaxation in meditation,
but it is connected with the

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relief that comes from
letting go of hopes and
fears, of attachments and
the whims of the ego that
never stop feeding our inner
conflicts.

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These benefits include a
decrease in anxiety, in

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vulnerability from pain, and
in the tendency toward
depression and anger, as
well as strengthening the
power of attention, boosting
the immune system, and
increasing one's general
well-being.

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Creativity and Problem-
Solving Skills. We each have

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an estimated 60,000 to 80,000 thoughts a day—unfortunately, many of them are the same thoughts we had yesterday, last week, and last year. The mind tends to get stuck in repetitive thought loops

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that squeeze out the
possibility for new ideas
and inspiration.

Why Meditate? - Chopra
Meditation and mindfulness
for any mind, any mood, any

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goal. Meditation. What is
meditation; . . . and a
disconnection from negative
thoughts, feelings, and
sensations. Keri, UK. on
finding her happy place.
Changing my thoughts has
allowed me to change my

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Life... A happy workforce
leads to a happy work
environment. Jaime, Spain.

Meditation and Sleep Made
Simple - Headspace
Based on Jon Kabat-Zinn's

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renowned mindfulness-based stress reduction program, this classic, groundbreaking work—which gave rise to a whole new field in medicine and psychology—shows you how to use medically proven mind-body approaches derived from

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meditation and yoga to counteract stress, establish greater balance of body and mind, and stimulate well-being and healing.

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It is the nature of the mind to keep generating thoughts, endlessly, whether meditating or not. Some people who have meditated for decades continue to

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Why Meditate? | Psychology
Today

Although meditation is a
lifelong process even for

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the wisest, Why Meditate?
demonstrates that by
practicing it on a daily
basis we can change our
understanding of ourselves
and the world around us.

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Why Meditate?: Working with
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Meditation works its
remedies for inherent
suffering when the time is
taken to seek peace, which
enables the mind to
contemplate itself and the

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body to balance itself. He leads the novice into how to sit, how to concentrate, and how to handle distractions.

a book review: Why Meditate:
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Matthieu Ricard | 4.29 |
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Wherever he goes, Buddhist
monk Matthieu Ricard is

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Matthew Ricard
asked to explain what meditation is, how it is done, and what it can achieve. In this elegant, authoritative, and entirely accessible book, he sets out to answer ...

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Book Reviews: Why Meditate,
by Matthieu Ricard (Updated

...

Meditation thus gives our
life the noblest possible
meaning. Let's take a peek
at some of my favorites Big

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Ideas: 1. The Ultimate Reason - Transform ourselves to serve. 2. Calmness, Kindness - And neuroplasticity. 3. Sitting with Dignity - And Living with it. 4. Mindfulness Muscles - Time to work `em

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out. 5. Little by Little -
That's the way to roll.
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Well written on why we need

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to Meditate - basically to
liberate our mind from
suffering and to attain
happiness. Many insights
from the book. Matthieu
Ricard was the happiest man
in the world, not sure if
some one had beaten him

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