Meditation as a practice, art form, and general way to feel the world more powerfully.

Mindfulness meditation, and more specifically vipassana meditation is an ancient art derived from the early days of Buddhism; dating all the way back to the original Buddha himself. The practice, teachings, and monks have come along way from the 2500 BC, originating in early India and China. The westernization of the meditation has benefitted greatly from the industrial aircrafts, steam-engine, and other technological advances allowed for Buddhism to travel great distances, across the Atlantic Ocean

It has traveled all the way to the west, from Zen Buddhists, traditional Buddhist monks, and even non-Buddhist westerners such as John Kabat-Zihn who has attained near celebrity status as a conduit for the growth, multiplication, and energetic belief system.