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Author Matthew Sockolov. Matthew Sockolov is a Buddhist meditation teacher and author. He was empowered to teach meditation by Spirit Rock Meditation Center, and is the founding teacher of One Mind Dharma.

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Meditation Wikipedia

Meditation is a practice where an individual uses a technique such as mindfulness, or focusing their mind on a particular object, thought or activity to train attention and awareness, and achieve a mentally clear and emotionally calm state.: 228 29: 180: 415: 107 Meditation has been practiced since antiquity in numerous religious traditions and beliefs.

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