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Lama Yeshe called Buddhism psychology of the mind and encouraged us to become our own therapist. I'm looking forward to our next Introduction to Meditation retreat. I thought to share a little bit about it and why it is useful to develop a meditation practice.

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Meditation Kwan Um School of Zen

Introduction to Meditation . Formal Zen practice in our tradition is done in three ways: bowing, chanting, and sitting meditation. Sitting Meditation. Traditionally, in China and Korea, only monastics engaged in Zen meditation, usually spending at least six months each year in retreat. Today, most Zen practitioners are ordinary men and women

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Introduction To Meditation Dandapani

Weeks 6 to 12 are focused on learning about energy, preparation for meditation, and will discuss the best place and times for meditation, seating and hand positions, breathing techniques and more. You'll also learn a simple but highly effective, practical, systematic and goal-orientated meditation technique.

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