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Meditation is not a
means to an end. It is
both the means and the
end.

Jiddu Krishnamurti



[LiveAndDare.com](#)

Welcome To A Peaceful world...

Where mind and body both are aligned...



Use cases

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Why Practice Mindfulness?

Some of the most popular ideas about mindfulness are just plain wrong. When you begin to practice it, you may find the experience quite different than what you expected. There's a good chance you'll be pleasantly surprised.

Mindful's founding editor, Barry Boyce sets the record straight regarding these 5 things people get wrong about mindfulness:

1. Mindfulness isn't about "fixing" you
2. Mindfulness is not about stopping your thoughts
3. Mindfulness does not belong to a religion
4. Mindfulness is not an escape from reality
5. Mindfulness is not a panacea





[Try This Simple Walking Meditation](#)



[5 Steps to Wind Down and Fall Asleep](#)



[5 Steps to Mindful Listening](#)



[Loving-Kindness Practice for Every Day](#)



Read about the Power of Your Breath



Your Breath is Your Brain's Remote Control

CRYSTAL GOH



How to Fight Stress with Intentional Breathing

B GRACE BULLOCK PHD



How Your Breath Controls Your Mood and Attention

B GRACE BULLOCK PHD



What Is Meditation and Why Does It Matter?





Popular Meditation Postures



Butters



Lotus



Seiza



Bench



Cushion on Chair



Cushion Behind Back



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