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dukkha has often been derived from the

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mindfulness meditation is a mental training practice that teaches you to slow down racing thoughts let go of negativity and calm both your mind and body simply note them remain calm and use your breathing as an anchor imagine your thoughts as clouds passing by watch them float by as they shift and change one 2019 study found

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buddhist traditions and is based on zen vipassanā and tibetan meditation techniques though definitions and

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