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The practice of meditation exists in pretty much every spiritual belief system. It can have a different name, its purpose concealed by obscure wording of some calcified dogma, its essence overgrown with obsolete rituals, but the true heart of meditation - a quiet, mindful introspection - is very much alive and should be practised by every human being.

Meditation and Its Practice by Swami Rama

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Meditation is a mind and body practice that has a long history of use for increasing calmness and physical relaxation, improving psychological balance, coping with illness, and enhancing overall health and well-being. Mind and body practices focus on the interactions among the brain, mind, body, and behavior.

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Meditation and Its Practice by Swami Rama. This online course is designed to supplement and support the method of meditation as taught by Swami Rama in his book "Meditation and Its Practice.". Audio files of guided meditations by Swami Rama are included. Video clips of Swami Rama teaching some of the basic practices mentioned in the book are also included.

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Mindfulness meditation is the practice of intentionally focusing on the present moment, accepting and non-judgmentally paying attention to the sensations, thoughts, and emotions that arise. For the "formal practice" time, sit on a cushion on the floor, or on a chair, with straight and unsupported back.

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Meditation is a mental exercise that involves relaxation, focus, and awareness. Meditation is to the mind what physical exercise is to the body. The practice is usually done individually, in a still seated position, and with eyes closed. What is the definition of meditation in Psychology?

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