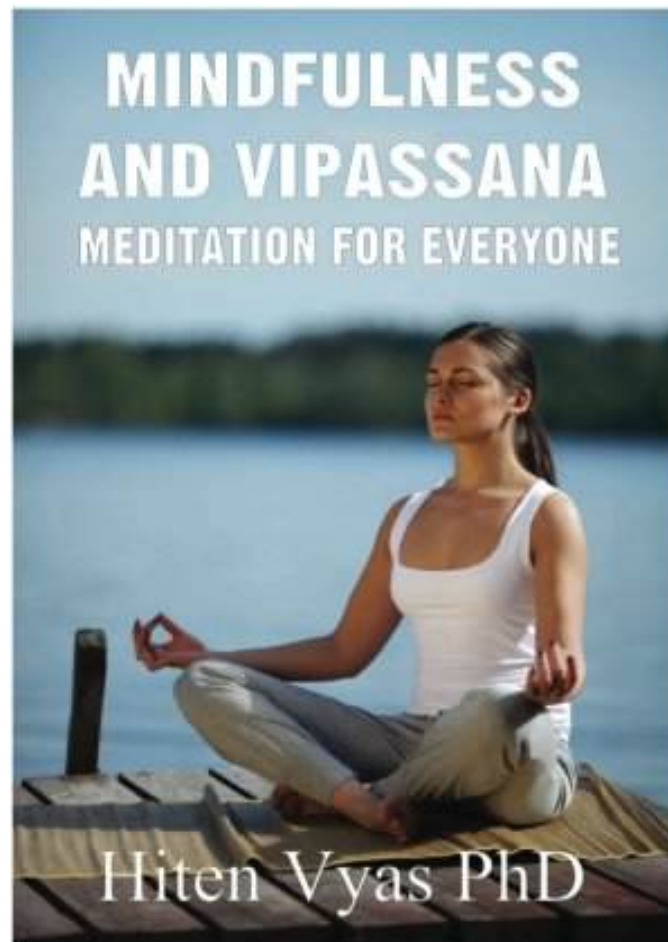


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Mindfulness and Vipassana: Meditation for Everyone

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starting a mindfulness meditation practice dharma

if youre here because youre having odd experiences in meditation like swirling lights or your body feeling odd id suggest the post i wrote on quot;odd experiences in summary of the main scientific research on the benefits of meditation covering the different types of meditation vipassana tm yoga mindfulness etc **summary** barre center for buddhist studies additional sites for audio teachings local sitting groups post retreat resources meditation centers and communities sanghas other our current understanding of mindfulness meditation stems from the work of dr jon kabat zinn who began to apply the practices of meditation and body awareness

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