

MEDITATION: A PERSONAL JOURNEY

Victoria N. Faust

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This article is split into two sections on meditation: how it changed my life and its scientific benefits. The first is a deeply personal explanation of.

A series of talks and led practices exploring the system of practice in the context of meditation. These teachings were shared on the Path as Symbol retreat for.

An intensive meditation course over four weeks, for those who wish to take their practice deeper. We will collectively explore how to create the.

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I was still excited when I arrived at 9: As the journey becomes familiar, westa
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