

Mindfulness Relaxation

Patrick Baigent

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Patrick Baigent



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Uncontrived Mindfulness Vajradevi, 2021-03-31 A comprehensive guide to ending suffering through the practice of mindfulness In Uncontrived Mindfulness Vajradevi guides us in the practice of exploring our experience as it happens The emphasis is on cultivating wisdom using the tools of attention and curiosity to see through the delusion that is causing our suffering

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