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The first fallacy that I ' ve learned is that people think that there is an ideal mind and that their mind is not living up to the standard. The truth is that everybody ' s mind works

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differently. To coach somebody to access the full potential of their mind, we need to let go of the idea that there is an ideal mind.

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relax the body; ends with a loving
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stable, clear attention—not limited
expansiveness of attention. It ' s
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using very expansive objects of
attention—and, in fact, doing so can
support mindfulness more effectively.
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Cultivating With a Clear Mind January
30, 2009 | By Ding Wu, a Falun Gong

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practitioner in Shandong Province, China (Clearwisdom.net) A few days ago, a local practitioner responsible for coordinating truth-clarification work was suddenly arrested by the police.

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Dafa - Minghui.org

6) Write it out: Research has found that writing down your negative feelings eventually helps you clear your mind and release them. 7)

Exercise: Exercise has been shown to reduce stress which is helpful in calming the mind. 8) Breathing

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exercises: If you learn to control your breathing to mimic relaxation, the effect will be relaxing.

How to clear your mind: 10 strategies (backed by research ...

Here are ten ways to spark off your creative mind! 1. The cloud exercise.

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You probably had to do this when you were a child, but do not let the simpleness of this cause you to think that it is not effective! Clouds are notorious for resembling something else.

10 Ways to Cultivate a Creative Mind -

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Addicted 2 Success

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Relaxed Presence - begins with a
calming breath to quiet the mind and
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Clear your mental clutter by bringing
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Cultivating a Clear and Fresh Mind.

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Clear your mental clutter by bringing awareness into your life and your intentions. Know why you are doing something – spending, saving, working on a project – and bring awareness into your everyday actions. You ' ll soon know what parts of your day are mindless, and which have

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Going beyond probiotics and prebiotics, the author presents practices from Ayurveda and Chinese medicine to reestablish balance in your internal microbiome, support the mesentery, improve digestion

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and elimination, and restore a clear mind and strong immune system.

Cultivating Your Microbiome:

Ayurvedic and Chinese ...

Noticing and cultivating Clear Present

Mind : Marty G : 11/3/16 1:58 AM: RE:

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