



Guided Meditations: For Relaxation, Acceptance, and Insight

Bodhipaksa

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Mindfulness has been shown in clinical trials to be an effective way of reducing stress. It is a form of focused awareness that helps to prevent the runaway thinking that gives rise to physical and emotional hyper-arousal. The two meditations on this CD help us to develop this transformative quality of mindfulness, by means of which we practice acceptance of our present-moment experience in a non-judgmental way.

Although the meditations on this CD are Buddhist in origin, they can be practiced by people who follow any spiritual tradition or none at all.

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