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meditation research. according to meditation research the different types of meditation that people of all religious backgrounds regularly practice has always been a ...

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meditation, however, has its ... many find it difficult to stick with a meditation practice. and, the results happen so slowly that most ... (december 11, 1986) found ...

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the results of your action are no longer of ... if more and more people are inspired to practice meditation after listening ... wasn't sure if to copy the rest ...

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