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But they died one by one, and when Marcus came to his own end only one of his sons still lived — the weak and worthless Commodus. On his father's death Commodus, who succeeded him, undid the work of many campaigns by a hasty and. MEDITATIONS OF MARCUS AURELIUS INTRODUCTION. Marcus Aurelius' Meditations - tr.

The meditations of Marcus Aurelius Antoninus - Philaletheians

An abridged meditation guide (pdf) is freely available. Also see the dedicated subreddit /r/TheMindIlluminated. For an alternative, freely-available guide to the same style of meditation, see Thanissaro Bhikkhu's With Each and Every Breath (preview the main practice instructions). Seeing That Frees by Rob Burbea, a deep exploration of insight

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(Source) • It's been proven that people who meditate need less sleep. (Source) • Meditation makes your brain age slower and increases the amount of grey matter in your brain. (Source). Grey matter is responsible for muscle control, seeing, hearing, memory, emotions, and speech.

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Meditation is commonly described as a training of mental attention that awakens us beyond the conditioned mind and habitual thinking, and reveals the nature of reality. In this guide, the process and the fruit of meditation practice is understood as Natural Presence.

How To Meditate - Meditation, Psychologist, Author, Teacher

Feel your lips, your gums, teeth, and tongue. Let your mouth feel warm and open. Relax your whole mouth, letting your jaw



soften. On your inhalation bring a slight smile to your mouth. On your exhalation feel yourself letting go of tension in your jaw, your cheeks, your lips, your tongue, and your throat.

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