

shambhavi mahamudra Academic PDF

Shambhavi Mahamudra

Shambhavi Mahamudra: Unlocking Inner Peace and Vitality Through Ancient Practice

shambhavi mahamudra is a powerful yogic practice that has captured the attention of

spiritual seekers, wellness enthusiasts, and meditation practitioners around the world.

Rooted deeply in ancient Indian traditions, this technique combines breath regulation, meditation, and subtle energy control to foster profound physical, mental, and emotional benefits. Whether you are new to yoga or a seasoned practitioner, exploring Shambhavi Mahamudra can open doors to enhanced vitality, mental clarity, and spiritual awakening.

What Is Shambhavi Mahamudra?

At its core, Shambhavi Mahamudra is a kriya—a yogic technique that involves specific breathing patterns, mudras (hand gestures), and focused meditation. The term "Shambhavi" refers to a divine state associated with Lord Shiva, symbolizing auspiciousness and cosmic consciousness, while "Mahamudra" translates to "great seal," indicating a practice that seals or unites the body, mind, and spirit.

Unlike conventional meditation practices that focus solely on mindfulness or breath awareness, Shambhavi Mahamudra integrates multiple elements to activate the body's energy centers (chakras) and balance the nervous system. It is often taught in structured programs, such as those offered by the Isha Foundation, where practitioners receive

guided instruction to ensure correct technique and maximum benefits.

How Shambhavi Mahamudra Works: The Science Behind the Practice

Shambhavi Mahamudra is much more than a meditation; it is a holistic process that impacts the practitioner at several levels. The practice involves a combination of controlled breathing, mantra chanting, and maintaining a specific gaze (drishti), which together stimulate the parasympathetic nervous system. This activation induces deep relaxation, reduces stress hormones like cortisol, and fosters a state of calm awareness.

Breath Regulation and Its Effects

The breathing technique in Shambhavi Mahamudra is designed to enhance oxygen flow and regulate the prana—the vital life energy. By consciously controlling the inhalation and exhalation patterns, practitioners can influence their autonomic nervous system, leading to decreased anxiety and improved emotional resilience.

The Role of Mudras and Drishti

Mudras, or hand gestures, are integral to the practice. They help channel energy flows within the body and maintain focus. The specific gaze or drishti used in Shambhavi Mahamudra directs attention inward, helping practitioners transcend ordinary thought patterns and access deeper states of consciousness.

The Benefits of Practicing Shambhavi Mahamudra Regularly

Incorporating Shambhavi Mahamudra into your daily routine can have transformative effects on both mind and body. Here are some of the key benefits reported by

practitioners worldwide:

Enhanced Mental Clarity: Regular practice sharpens focus, improves memory,

1.

and promotes calmness, making it easier to navigate daily stressors.

Improved Emotional Balance: By calming the nervous system, it helps regulate

2.

mood swings and reduces feelings of anxiety and depression.

Boosted Physical Health: Many people experience better sleep quality, increased

3.

energy levels, and a stronger immune system.

Spiritual Growth: The practice can deepen self-awareness and foster a sense of

4.

connectedness with the universe.

Scientific studies have begun to validate these claims, showing that consistent yogic kriya practices, including Shambhavi Mahamudra, can positively influence brain wave patterns and heart rate variability, markers associated with well-being.

Who Can Practice Shambhavi Mahamudra?

One of the appealing aspects of Shambhavi Mahamudra is its accessibility. While rooted in ancient spiritual traditions, it is adaptable to people from all walks of life and varying fitness levels. However, because it involves specific techniques that require proper

guidance, it is recommended to learn the practice through certified instructors or established programs.

Precautions and Considerations

Although generally safe, individuals with certain medical conditions such as epilepsy, severe heart problems, or psychiatric disorders should consult a healthcare professional before beginning any new breathwork or meditation practice. Pregnant women are often advised to seek personalized guidance to ensure safety.

How to Begin Your Journey with Shambhavi Mahamudra

Starting with Shambhavi Mahamudra is easier than you might think, especially with the abundance of resources available today. Here are some tips to embark on this transformative practice:

Find a Qualified Instructor: Look for certified teachers or official programs that

1.
offer systematic training to learn the correct technique.

Create a Comfortable Space: Choose a quiet, clean spot where you can sit

2.
comfortably, free from distractions.

Commit to Consistency: Like any yogic practice, the benefits multiply with

3.
regularity. Aim for daily sessions, even if they're brief.

Be Patient: The effects of Shambhavi Mahamudra often deepen over time. Allow

4.

yourself to experience the practice without rushing or forcing results.

Many practitioners find that integrating Shambhavi Mahamudra with complementary approaches like yoga asanas, mindful eating, and journaling enhances overall well-being.

Integrating Shambhavi Mahamudra Into Modern Life

With the fast pace and constant demands of modern living, finding moments of stillness is vital. Shambhavi Mahamudra offers a practical tool to manage stress and cultivate inner resilience, making it particularly relevant today.

Whether you are dealing with workplace pressure, seeking to overcome emotional challenges, or simply striving for greater peace of mind, this ancient practice can serve as a sanctuary within your daily routine. The beauty of Shambhavi Mahamudra lies in its ability to harmonize mind and body, helping you navigate life's ups and downs with grace.

Tips for Sustaining Your Practice

Set a consistent time each day (morning or evening) to create a ritual around your

1.

practice.

Join community groups or online forums to connect with others practicing

2.

Shambhavi Mahamudra.

Keep a journal to track your experiences, insights, and changes over time.

3.

Pair your practice with gentle yoga or walking meditation to enhance bodily

4.

awareness.

The Lasting Impact of Shambhavi Mahamudra

Many who have embraced Shambhavi Mahamudra describe it as a catalyst for profound personal transformation. Beyond the immediate relaxation and energy uplift, the practice encourages self-inquiry and a deeper appreciation for life's subtle dimensions.

As more people worldwide discover the benefits of this kriya, it acts as a bridge connecting ancient wisdom with contemporary wellness needs. Whether you approach it as a spiritual discipline or a tool for mental health, Shambhavi Mahamudra holds the potential to enrich your life in meaningful ways.

Exploring this practice is a journey—a personal unfolding that invites patience, dedication, and openness. With each session, you step closer to a balanced, centered, and vibrant version of yourself.

Question

Answer

What is Shambhavi

Mahamudra?

Shambhavi Mahamudra is a powerful yogic practice

involving meditation, breath control, and a specific eye closure technique designed to balance the mind and enhance spiritual growth.

Who teaches Shambhavi

Mahamudra?

Shambhavi Mahamudra is taught by Sadhguru Jaggi

Vasudev through the Isha Foundation, often as part of the Inner Engineering program.

What are the benefits of

practicing Shambhavi

Mahamudra?

Benefits include improved mental clarity, reduced stress and anxiety, enhanced energy levels, better emotional balance, and increased overall well-being.

How long does it take to learn

Shambhavi Mahamudra?

Typically, Shambhavi Mahamudra is taught over a 3-4 day Inner Engineering program, after which practitioners can continue the daily practice on their own.

Is Shambhavi Mahamudra

suitable for beginners?

Yes, Shambhavi Mahamudra is designed for practitioners of all levels, including beginners, as it is taught systematically with guidance and support.

How often should one practice

Shambhavi Mahamudra?

It is recommended to practice Shambhavi Mahamudra daily, ideally twice a day for about 21 minutes each session, to experience its full benefits.

Are there any

contraindications or side

effects of Shambhavi

Mahamudra?

Generally, Shambhavi Mahamudra is safe for most people; however, individuals with certain medical conditions or mental health issues should consult a healthcare professional before starting the practice.

Shambhavi Mahamudra: An In-Depth Exploration of the Ancient Yogic Practice

shambhavi mahamudra is a revered yogic technique that has garnered significant

attention in the fields of meditation, spirituality, and holistic wellness. Rooted in ancient

Indian tradition, this practice combines elements of pranayama (breath control), mudra (hand gestures), and meditation to create a holistic experience aimed at enhancing mental clarity, emotional balance, and physical vitality. As the global interest in mindfulness and meditation surges, Shambhavi Mahamudra has emerged as a distinctive approach that promises profound benefits, inviting both practitioners and scholars to examine its efficacy and underlying principles.

Understanding Shambhavi Mahamudra: Origins and Foundations

Shambhavi Mahamudra traces its lineage to the ancient yogic scriptures and has been popularized in contemporary times by spiritual teachers associated with the Isha Foundation. The term "Shambhavi" is derived from "Shambhu," a name for Lord Shiva, symbolizing auspiciousness and benevolence, while "Mahamudra" translates to "great seal" or "gesture." Together, the phrase denotes a powerful yogic seal that aligns one's energies with higher states of consciousness.

Unlike other meditation techniques that may focus predominantly on breath or mantra repetition, Shambhavi Mahamudra integrates a specific sequence of breath regulation, eye positioning, and hand gestures to activate the body's energy systems. The practice is often taught in a structured program, such as the Inner Engineering course, underscoring its systematic approach to spiritual development.

Key Components of the Practice

At its core, Shambhavi Mahamudra involves several interrelated elements:

Breath Regulation (Pranayama): Controlled breathing patterns are employed to

1.

harmonize the nervous system and enhance oxygenation.

Mudras (Hand Gestures): Specific hand positions help channel energy and

2.

stabilize mental focus.

Trataka (Steady Gaze): Gazing between the eyebrows, often referred to as the

3.

'third eye,' stimulates concentration and inner awareness.

Meditative State: The culmination is a meditative state characterized by inner

4.

stillness and heightened awareness.

This combination is designed to activate the parasympathetic nervous system, reduce stress, and facilitate a sense of deep relaxation and mental clarity.

Scientific Perspectives and Research on Shambhavi Mahamudra

In recent years, the intersection of traditional yogic practices and modern science has resulted in growing interest in validating the benefits of techniques like Shambhavi Mahamudra. Several studies have examined the physiological and psychological impacts of this practice, often within the framework of controlled trials involving participants who have undergone formal training.

One notable study published in the Journal of Clinical and Diagnostic Research (2017)

investigated the effects of Shambhavi Mahamudra on stress and heart rate variability (HRV), a key marker of autonomic nervous system function. Results indicated that participants experienced significant reductions in perceived stress levels alongside improvements in HRV, suggesting enhanced parasympathetic activity. This aligns with anecdotal reports of improved emotional stability and calmness among practitioners. Furthermore, neuroimaging research on similar meditative practices points to increased activity in brain regions associated with attention regulation, emotional processing, and self-awareness. While direct studies on Shambhavi Mahamudra remain limited, the available data supports its categorization as a potent tool for mental and emotional well-being.

Comparisons with Other Meditation Techniques

When compared to other popular meditation and pranayama methods such as Vipassana, Transcendental Meditation, or alternate nostril breathing, Shambhavi Mahamudra offers a unique synthesis of breath control, mudras, and focused gaze. This multifaceted approach may contribute to its reported effectiveness in quickly inducing states of calm and mental alertness.

Vipassana emphasizes mindfulness and insight through observation of sensations,

whereas Shambhavi Mahamudra uses active breath and energy control.

Transcendental Meditation

MAHAMUDRA THE OCEAN OF TRUE MEANING

Mahamudra The Ocean Of True Meaning

****Mahamudra: The Ocean of True Meaning****

mahamudra the ocean of true meaning is a phrase that resonates deeply within the

rich tapestry of Tibetan Buddhism and meditation practice. It evokes an image of an immense, boundless expanse—an ocean—that holds the essence of ultimate reality and profound wisdom. Mahamudra, often translated as the "Great Seal," is not just a concept but a living tradition, guiding practitioners toward direct experience of the mind's true nature. If you've ever wondered how ancient teachings can reveal the depths of consciousness and unlock lasting peace, exploring mahamudra offers a compelling journey.

Understanding Mahamudra: More Than a Meditation Technique

At first glance, mahamudra might appear simply as a meditative practice, but it is far more than that. It encapsulates a worldview and a path of realization within Vajrayana Buddhism, especially prominent in the Kagyu lineage. The phrase "ocean of true meaning" captures its vast and inclusive nature—it points toward the ultimate truth that transcends conceptual thinking.

Mahamudra is often described as the direct experience of the mind's essence, an experiential understanding that dissolves the illusions of separateness and ego. Unlike purely intellectual study, it invites practitioners to recognize the intrinsic clarity and

emptiness of their own awareness. This recognition can lead to profound freedom and insight, cutting through confusion and suffering.

The Origins of Mahamudra

Tracing back to Indian Mahasiddhas and Tibetan masters like Tilopa and Naropa, mahamudra has a lineage that emphasizes direct transmission and experiential wisdom. The teachings were passed down through generations, emphasizing the importance of a realized teacher guiding the student. This lineage underscores the living quality of mahamudra, where teachings are not stagnant but dynamically adapted to the practitioner's unfolding realization.

The Core Principles of Mahamudra: Experiencing the Ocean of True Meaning

To appreciate mahamudra fully, it helps to break down its core components. While the practice is subtle and profound, certain foundational principles serve as entry points for those new to the path.

1. The Nature of Mind

Central to mahamudra is the understanding that the mind's nature is empty, luminous, and unchanging. This means that beneath the constant chatter and emotional turbulence lies a vast openness—like an ocean—that reflects but is not affected by the waves on its surface. Recognizing this nature is the true meaning that mahamudra points toward.

2. Non-Dual Awareness

Mahamudra teachings emphasize non-duality, the state where distinctions between subject and object, self and other, dissolve. This non-dual awareness is not intellectual but a direct, lived experience. In this state, the mind rests naturally without effort, free from grasping or aversion.

3. Meditation and Mindfulness Practice

While mahamudra transcends formal meditation, practice is essential to cultivate the insight. Techniques often involve resting the mind in its natural state, allowing thoughts and sensations to arise and dissolve without interference. This method fosters a deep sense of presence and clarity, opening the door to profound realizations.

How to Begin Practicing Mahamudra: Tips for Modern Seekers

For those intrigued by mahamudra the ocean of true meaning, starting a practice might seem daunting. However, with the right guidance and mindset, it becomes a rewarding path toward self-discovery. Here are some practical steps to embark on this journey:

Find a Qualified Teacher: Since mahamudra is traditionally passed through oral

1.
transmission, working with an experienced teacher or spiritual guide is invaluable. They can tailor instructions and clarify doubts.

Learn the Foundations: Familiarize yourself with basic Buddhist concepts like

2.
impermanence, emptiness, and compassion. These ideas underpin the mahamudra path.

Practice Shamatha (Calm Abiding): Developing concentration through shamatha

3.

meditation stabilizes the mind and prepares it for deeper insight.

Engage in Vipassana (Insight Meditation): Observing the mind's nature and

4.

phenomena with clarity opens the door to recognizing the ocean of true meaning within.

Maintain Regular Practice: Consistency is key. Even brief daily sessions can

5.

accumulate into significant shifts over time.

Common Challenges and How to Overcome Them

Beginners may encounter restlessness, doubt, or confusion during their practice. These are natural parts of the process and should be met with patience and curiosity rather than frustration. Remember that mahamudra is about allowing the mind to reveal itself, not forcing it into a particular state.

The Transformative Power of Mahamudra in Daily Life

Beyond the cushion, mahamudra the ocean of true meaning has profound implications for everyday living. As practitioners deepen their understanding, they often report increased emotional resilience, compassion, and clarity in decision-making.

Living with Awareness and Compassion

By recognizing the interconnectedness of all things and the emptiness of rigid self-concepts, practitioners cultivate genuine empathy. This natural compassion arises not from obligation but from a deep recognition of shared experience.

Facing Life's Challenges with Equanimity

The ocean metaphor is apt here—just as the ocean remains vast and calm despite storms on its surface, a mahamudra practitioner learns to maintain inner peace amid life's ups and downs. This equanimity is not numbness but a grounded presence that embraces reality as it is.

Enhancing Creativity and Spontaneity

With the mind uncluttered by habitual patterns and judgments, creativity flows more freely. Many artists, writers, and thinkers have found inspiration through practices aligned with mahamudra's principles of openness and direct experience.

Exploring Resources and Further Study

If the idea of mahamudra the ocean of true meaning has sparked your curiosity, numerous resources can help deepen your understanding:

Books: Texts by renowned teachers such as Dakpo Tashi Namgyal's *Moonlight* or

1. the teachings of the 17th Karmapa offer detailed expositions of mahamudra practice.

Retreats and Workshops: Immersive experiences with qualified teachers

provide

2.

invaluable opportunities to experience mahamudra firsthand.

Online Teachings: Many contemporary masters share talks and guided

3.

meditations that make these teachings accessible worldwide.

Engaging with these materials can help integrate the ocean of true meaning into your daily experience, allowing the teachings to unfold naturally over time.

Mahamudra the ocean of true meaning invites us to dive beneath the surface of ordinary consciousness and discover the vast, serene depths within. It is a timeless path that continues to inspire seekers across cultures and generations, offering a direct encounter with the essence of mind itself. Whether you approach mahamudra as a spiritual practice or a profound philosophy, its teachings hold the potential to transform how we understand ourselves and the world around us.

Question

Answer

What is Mahamudra in

Tibetan Buddhism?

Mahamudra is a profound meditative practice in Tibetan

Buddhism that focuses on realizing the true nature of mind,

often described as the 'ocean of true meaning.' It aims to

transcend conceptual thinking and experience ultimate reality directly.

Why is Mahamudra

called 'the ocean of

true meaning'?

Mahamudra is referred to as 'the ocean of true meaning'

because it encompasses the vast and profound understanding

of the nature of mind and reality, similar to how an ocean is

vast and deep, symbolizing the limitless and all-encompassing

nature of this wisdom.

How does Mahamudra

practice help in daily

life?

Mahamudra practice helps individuals cultivate clarity,

calmness, and insight by recognizing the mind's true nature.

This leads to reduced suffering, increased compassion, and

better emotional balance in daily life.

What are the main

stages of Mahamudra

meditation?

The main stages of Mahamudra meditation include calming the mind (shamatha), recognizing the mind's nature (vipashyana), and resting in non-dual awareness without grasping or aversion, ultimately leading to the direct experience of reality as it is.

Who are some renowned teachers of Mahamudra?

Renowned teachers of Mahamudra include the Kagyu lineage masters such as Gampopa, Milarepa, and more recently, the Karmapa and other Tibetan Buddhist lamas who have transmitted these teachings widely.

Is Mahamudra suitable for beginners in meditation?

While Mahamudra is a profound practice, many teachers provide accessible instructions for beginners, often starting with foundational practices like shamatha to stabilize the mind before progressing to deeper stages.

How does Mahamudra differ from other

Buddhist meditation

practices?

Mahamudra uniquely emphasizes direct experience of the mind's nature beyond conceptual elaboration, integrating both tranquility and insight in a seamless way, whereas other practices may focus more on analytical meditation or devotional aspects.

****Mahamudra: The Ocean of True Meaning****

mahamudra the ocean of true meaning represents a profound and intricate spiritual

concept within Tibetan Buddhism, revered both for its depth and transformative potential. Often described as the ultimate realization of the mind's true nature, Mahamudra serves as a pivotal practice and philosophical framework guiding practitioners toward enlightenment. This article explores the multifaceted dimensions of Mahamudra, unraveling its historical roots, core teachings, and contemporary relevance, while weaving in essential keywords and concepts that deepen understanding.

Understanding Mahamudra: Origins and Context

Mahamudra, translated as "Great Seal," is a term that encapsulates the essence of Buddha's teachings on the nature of reality and consciousness. It emerged prominently within the Kagyu school of Tibetan Buddhism but shares conceptual parallels with Dzogchen teachings in the Nyingma tradition. The term "ocean of true meaning"

metaphorically emphasizes the vast, inexhaustible nature of this insight?much like an ocean, it is boundless and profound.

Historically, Mahamudra?s textual foundation can be traced to Indian and Tibetan masters such as Tilopa, Naropa, Marpa, and Milarepa, whose teachings and transmissions form the backbone of the practice. These teachings emphasize direct experiential realization over scholastic study, encouraging practitioners to encounter the mind?s essence ?rstand.

Core Concepts of Mahamudra

At its heart, Mahamudra revolves around recognizing the "nature of mind"?a state beyond conceptual elaboration and dualistic perception. This understanding encompasses several core components:

Emptiness (Shunyata): The insight that all phenomena lack intrinsic, independent

1.
existence.

Meditative Stability (Shamatha): The cultivation of calm abiding to stabilize the

2.
mind.

Insight Meditation (Vipashyana): Analytical meditation that discerns the nature

3.
of thoughts and phenomena.

Non-duality: The dissolution of subject-object distinctions, revealing an

indivisible

4.

experience of awareness.

These elements collectively guide practitioners through a systematic path that balances tranquility and insight, ultimately unveiling the true, luminous nature of consciousness.

Mahamudra Practice: Methods and Stages

Engaging with Mahamudra is not merely an intellectual exercise but a disciplined meditative path characterized by progressive stages. Practitioners typically undergo preliminary practices (ngondro) to purify obscurations and develop concentration before advancing to direct Mahamudra meditation.

Four Yogas of Mahamudra

The practice is traditionally divided into four key yogas or stages, each deepening the practitioner's realization:

One-pointedness (Single-pointed Concentration): Developing unwavering

1.

focus and mental stability.

Simplicity (Freedom from Conceptual Elaborations): Letting go of analytical

2.

thoughts and mental fabrications.

One Taste (Equanimity of Experience): Recognizing that all experiences,

3.

pleasant or unpleasant, share the same essence.

Non-meditation (Natural Presence): Resting effortlessly in the natural state

4.

beyond intentional meditation.

Each stage is designed to peel away layers of delusion, progressively revealing the "ocean of true meaning" that Mahamudra signifies.

Comparative Insights: Mahamudra and Other Buddhist Practices

When placed alongside other Buddhist meditative traditions, such as Zen or Theravada Vipassana, Mahamudra holds distinctive features that underscore its unique approach.

Unlike strictly analytical paths, Mahamudra integrates direct experiential insight with a non-conceptual meditative state, bridging calm and clarity seamlessly.

For example, Zen emphasizes "just sitting" (shikantaza) and spontaneous awakening, whereas Theravada Vipassana focuses heavily on mindful observation of bodily sensations and mental processes. Mahamudra, however, explicitly teaches practitioners to recognize the mind's empty yet luminous nature in a way that transcends both analysis and mere presence.

Relevance of Mahamudra in Contemporary Spirituality

In recent decades, Mahamudra has garnered increasing attention beyond Tibetan Buddhist circles, appealing to seekers interested in mindfulness, consciousness studies, and psychological well-being. Its emphasis on direct experience and non-dual awareness

resonates with modern contemplative science and integrative therapeutic approaches.

Bene?ts and Challenges of Mahamudra Practice

Practitioners often report profound psychological and emotional bene?ts, including:

Enhanced mental clarity and reduced cognitive clutter.

1.

Greater emotional resilience and equanimity in daily life.

2.

Deepened sense of interconnectedness and compassion.

3.

Heightened states of creativity and intuition.

4.

Nevertheless, Mahamudra is neither quick nor easy to master. The practice demands sustained discipline, guidance from qualified teachers, and a willingness to confront habitual patterns of thought and perception. Without proper instruction, practitioners may struggle with misinterpretations or become discouraged by the subtlety of experiences.

Integration with Modern Mindfulness Movements

The integration of Mahamudra principles into contemporary mindfulness and meditation movements highlights its adaptability. While secular mindfulness often prioritizes stress reduction and attentional training, Mahamudra o?ers a comprehensive framework that includes transformative philosophical insights alongside meditative techniques.

This synthesis has sparked interest in academic circles studying consciousness and

neuroplasticity, where researchers explore how non-dual awareness practices influence brain function and psychological health.

Key Texts and Resources for Mahamudra Study

For those seeking to delve deeper into Mahamudra the ocean of true meaning, several classical and modern texts serve as invaluable resources:

The Ocean of Definitive Meaning by the Ninth Karmapa Wangchuk Dorje ? A seminal

1.

treatise elucidating Mahamudra's stages and methods.

Introduction to Mahamudra Meditation by the Dalai Lama ? Offers accessible

2.

guidance contextualized for contemporary practitioners.

Mahamudra: The Moonlight ? Quintessence of Mind and Meditation by Dakpo Tashi

3.

Namgyal ? Provides detailed commentary on the practice's philosophical underpinnings.

Engaging with these texts alongside authentic instruction ensures a grounded and comprehensive approach to Mahamudra practice.

Exploring Mahamudra the ocean of true meaning reveals an enduring spiritual tradition that continues to inspire and challenge practitioners worldwide. Its synthesis of experiential meditation and profound insight offers a pathway not only toward

enlightenment but also toward a fuller understanding of human consciousness. As more individuals seek depth beyond surface-level mindfulness, Mahamudra's timeless wisdom remains a beacon illuminating the vast ocean of inner truth.

mahamudra, Tibetan Buddhism, meditation, Dzogchen, nature of mind, Buddhist philosophy, ultimate reality, spiritual practice, mindfulness, enlightenment

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