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Mindfulness Is The Psychological Process Of Bringing One's Attention To Experiences Occurring In The Present Moment, Which Can Be Developed Through The Practice Of Meditation And Other Training. The Term "mindfulness" Correlates With The Pali Term Sati, Which Is A Significant Element Of Buddhist Traditions. In Buddhist Teachings, Mindfulness Is Utilized To Develop Self-knowledge And Wisdom ... Apr 18th, 2018

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