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The process consists of two phases: (1) clearing the mind via meditation of the thoughts, fantasies, emotions, and distractions that impair one's focus and clarity, and (2) contemplating

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Home - Shambhala Meditation Center of Portland

Turning the Mind into an Ally is not a textbook on meditation, or the last book to be written on the subject, but in my vast reading experience it is one of

the most hands-on and accessible books I've come across, and it provides an excellent introduction to a spiritual teaching system that can work for anyone seeking more harmony, balance and wisdom. We all have minds; why not make them our allies instead of our saboteurs, enemies and antagonists?

Turning the Mind into an Ally -- book review

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The mind is a mysterious and elusive thing. This list reveals some of the weirdest things about your mind—and mine—and what, if anything, can be done about them.

8 Things You Didn't Know About Your Mind | Psychology Today

Turning Your Mind into an Ally: An Introduction to Meditation. August 11-13, 2006. Tuition \$95 + 2 nights. A weekend program on how to train the mind through the practice of mindfulness or peaceful abiding

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