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Mindfulness is the psychological process of bringing one's attention to experiences occurring in the present moment, which one can develop through the practice of meditation and through other training. Mindfulness is derived from sati, a significant element of Buddhist traditions, and based on Zen, Vipassanā, and Tibetan meditation techniques. ...

Mindfulness - Wikipedia

Everyday Mindfulness A guide to using mindfulness to improve your well-being and reduce stress and anxiety in your life. by Colin Thompson

Everyday Mindfulness - Still Mind

Mindfulness can benefit everyone, but the concept can be especially helpful for anxious children. Learn what it is and how to help your kids learn it.

The Parents Guide to Teaching Mindfulness to Children with

A bhikkhu (Pali; Sanskrit: bhikṣu) is an ordained male monastic ("monk") in Buddhism. Male and female monastics ("nun", bhikkhuni, Sanskrit bhikṣuṃśāstṛī) are members of the Buddhist community. The lives of all Buddhist monastics are governed by a set of rules called the prātimokṣa or pātimokkha. Their lifestyles are shaped to support their spiritual practice: to live a simple and ...

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