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# Concentration Meditation Practical Series No 1

**marc mindfulness research summary** - brief summary of mindfulness research greg flaxman and lisa flook, ph.d. researchers' interest in mindfulness practice has steadily increased as studies **jmo department, u.s. naval war college, newport, ri.** - "war is not an affair of chance. a great deal of knowledge, study and meditation is necessary to conduct it well." frederick the great, 1747 **raja yoga - shards of consciousness** - raja yoga raja yoga, as with all of swami vivekananda's writing, is in the public domain. it is, however, difficult to find on the internet, except for a text **ezy tai chi: a simpler practice for seniors - icaa** - 20 the journal on active aging • may june 2004 ezy tai chi: a simpler practice for seniors continued from page 19 alignment and weight centering.

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