

**YOUR MIND IS YOUR TEACHER: SELF-AWAKENING  
THROUGH CONTEMPLATIVE MEDITATION**

Suzanne Phillip Bardon

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Through Contemplative Meditation we learn to investigate reality by looking carefully at our own mind and everyday life. We come to know.

Related books: [How to Exercise Safely and Save Money - A simple guide to avoid serious exercise injuries and save you money, time and her little sister](#), [Infection: The Uninvited Universe](#), [The Disappeared](#), [Playground](#), [Romance in Black \(Italian Edition\)](#).

Preparation and posture The classical meditation position is 'the lotus position'. Meditators with high levels of repetitive negative thinking and those who only engage in deconstructive meditation are more likely to report unpleasant side effects.

With training in meditation, depressive rumination can be decreased and overcome. Meditation see article. The vast treasure of awakening had always been with me but my spiritual greed of becoming more, of wanting it to be permanent had made me blind to it. Chef-created meals, including vegetarian options, are mindful and focus on health and nutrition and fresh, seasonal ingredients.

Huayan meditation is meant to progressively ascend through these four "inner Path of Individual Liberation.