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SJ Ball

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die in verschiedenen traditionen seit jahrtausenden
überliefert sind ein wesentliches element meditativer
techniken ist das bewusste steuern der aufmerksamkeit

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bunu sürekli uygulamadan imgelemelerde başarılı
olunamayacağı bilinir meditasyon diye tüm bildiklerinizi bir
kenara koyarak incelemenizde fayda var çünkü
meditasyonun temeli tektir her ruhsal öğretilerde tasavvuf
taoizm zen zazen paganizm budizm bu teknikler değişmez

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ursprung in der lateinischen wurzel med zu messen zu
begrenzen zu betrachten zu raten geeignete maßnahmen zu
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meditari nachdenken nachsinnen überlegen

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dazu dient den geist zu sammeln und zu beruhigen der
zustand der tiefen entspannung der dabei eintritt hilft beim
stressabbau und einschlafen erfahren sie wie meditieren
funktioniert und warum sich das erlernen lohnt

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übersetzt bedeutet es so viel wie sich zur mitte hin
ausrichten oder einen zustand entspannter aufmerksamkeit
einzunehmen das ziel besteht darin sich von den reizen der
außenwelt und dem trübel des alltags in sich selbst
zurückzuziehen und anzunehmen was gerade da ist

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gegenwärtigen moment zu sein und wahrzunehmen was
geschieht das heißt mit liebevoller offenheit alles zu
empfangen was da ist was aufkommt und alles sein zu lassen
wie es ist du bist der reine beobachter von allem was um
dich herum und in dir geschieht