

Beginner's Guide To Buddhist Meditation: Practices For Mindful Living By Christina Feldman

By Christina Feldman

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Christina Feldman. Christina Feldman is began Buddhist meditation practice 30 years ago. Sayadaw U Jagara has 35 years experience as a Buddhist monk

mind-body practice, Mindful Living. Beginner s Guide to Buddhist Meditation, Christina Feldman states, Meditation requires patience,

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