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vi mindfulness in plain english years but one day the meditator chisels through that wall and tumbles into the presence of light the transformation is complete it s called liberation and it s permanent liberation is the goal of all buddhist systems of practice but the routes to the attainment of that end are quite diverse

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to be mindful is to observe and label thoughts feelings sensations in the body in an objective manner mindfulness can therefore be a tool to avoid self criticism and judgment while

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response in re evaluating the 2020 rule s interpretation of health program or activity as it relates to health insurance and in deciding to add a definition of health program or activity ocr considered a number of factors including the plain language of section 1557 the context of its placement within the aca long standing

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