

MEDITATION: THE AWARENESS APPROACH

David Robert Wojnarowski

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larized intervention called meditation awareness training (MAT) that follows a more. traditional Buddhist approach to meditation. Participants.

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My position is that in Buddhism, it ultimately is awareness. To put it as an Eastern philosopher may say, the goal of meditation is no goal.

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Across these different meanings, changes in awareness seem to be consistently considered as outcomes of mindfulness training. It is not thinking, categorizing, judging, accepting, or any other cognitive process. Body sensations – Notice subtle body sensations such as an itch or tingling without judgment and let them pass.

Duringameditationsession,practitionersfocusonamantraorarepeatedwo people who practice rosary meditation begin very simply and gradually develop a more sophisticated meditation.