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The first fallacy that I've learned is that people think that there is an ideal mind and that their mind is not living up to the standard. The truth is that everybody's mind works differently. To coach somebody to access the full potential of their mind, we need to let go of the idea

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that there is an ideal mind.

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Cultivating a minimalist mindset is the first step in putting you at the forefront of your actions. Finding the time to clear your mental clutter can often come last in a long list of things to do. In reality,

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self-care is as important – if not more – than anything else.

10 Steps To Cultivating A Minimalist Mindset | Clear Your ...

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Cultivating a Clear and Fresh Mind. Consuming mindfully to transform burdens and touch the quiet peace within. In this retreat we will focus our practice around mindful consumption – our boundaries, protection and well being. “We are what we eat” in both body and mind.

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2 Day Retreat: Cultivating a Clear and Fresh Mind - MorningSun

Remember that a beginner's mind is your mind's natural state. A beginner's mind isn't something difficult to attain or something that takes years of practice to experience. Such beliefs only make something simple to feel elusive. You can't "achieve" a beginner's mind, nor

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can you “try” to be open and ready.

Beginner's Mind: Simple Exercises to Use Right Now

Why You Need a Vision. Experts and life success stories support the idea that with a vision in mind, you are more likely to succeed far beyond what you could otherwise achieve without a clear vision.

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Think of crafting your life vision as mapping a path to your personal and professional dreams. Life satisfaction and personal happiness are within reach.

The Best Way to Create a Vision for the Life You Want

Cultivate definition is - to prepare or prepare and use for the raising of crops;

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also : to loosen or break up the soil about (growing plants). How to use cultivate in a sentence.

Cultivate | Definition of Cultivate by Merriam-Webster

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How to Clear Your Mind in 15 Minutes | Inc.com

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A Clear and Empty Mind ... Cultivating Self Awareness. 27 Wednesday Apr 2016. Posted by Lee in Dzigar Kontrul Rinpoche, Videos ≈ Leave a comment. Dzigar Kongtrul Rinpoche explains how being eself aware one's own experience is when one begins to develops one's

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spiritual practice.

Cultivating Self Awareness | A Clear and Empty Mind

Leadership consultant Bianca Finkelstein does a deep dive into self-observation, where she says we can begin to dismantle the mental and emotional barriers to creative expression.

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How to clear your mind and cultivate creativity

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Guided Meditation: Cultivating the four immeasurable thoughts By Venerable Sangye Khadro on Oct 18, 2020 in Analytic Meditation on the Lamrim A guided meditation led at Sravasti

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Abbey's monthly Sharing the Dharma Day .

Guided Meditation: Cultivating the four immeasurable thoughts

"Their mind is 'empty, a total blank,' they say. ... Fortunately for patients with AAD, it's growing increasingly clear that dopamine agonists, drugs which imitate

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the actions of the neurotransmitter dopamine, can effectively treat the condition in most instances.

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