

MIXING THE MIND --RECOGNITION

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Not for everyone, but hopefully for someone, this video on "Recognition of the Mind's Nature," is part of a series of videos forthcoming on "Mixing the Mind," which refers to mixing meditation with daily activities, off the cushion or on.

This series is part of my own personal experience and story, how I learned meditation.

http://www.youtube.com/watch?feature=player_embedded&v=Vb5hN3c_WC4