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Mindfulness – The Practice of Being Here Now - as one of the foundations of Buddhist modernism – an approach to Buddhism that cut across geographical, cultural, sectarian, and social boundaries. 7 The meaning of the term – mindfulness – is presumed by many to be self-evident, Is Mindfulness Buddhist? (and why it matters). - 4 Making sense of mindfulness What is mindfulness? Mindfulness is a technique which can help people manage their mental health or simply gain more enjoyment from life. Making Sense of Mindfulness - Mind, the mental health charity -

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