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Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing their mind on a particular object, thought or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.: 228–29: 180: 415: 107 Meditation has been practiced since antiquity in numerous religious traditions and beliefs, often as part of ...How to Live a Good Life Advice from Wise Persons. Principles, Rules, Essentials, Precepts, Recommendations, and Key Concepts for Right Living Advice Regarding a Worthy Lifestyle⁴. Secular Buddhism. The “everyman” considered wandering ascetics (like the early Buddhists) often to be fools. However, since the ascetics looked at society from outside, they were able to discover and describe the weak points in the so called “normal behavior”.Art. Net of Being by Alex Grey (Inner Traditions) Alex Grey’s painting Net of Being – inspired by a blazing vision of an infinite grid of Godheads during an ayahuasca journey – has reached millions as the cover and interior of the band TOOL’s Grammy award-winning triple-platinum album, 10,000 Days. Net of Being is one of many images Grey has created that have resulted in a chain ...