

The Practical Value of Mindfulness Meditation to Improve the Perfect Life

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Abstract: *Mindfulness meditation is not a quick fix. You will practice with a change regularly; sometimes, it takes years and months to see the profound effects and valuable things that are not easy to get after waking up one night. Some aspects of practice in meditation are also not easy. It requires a meditator to follow a long-term discipline and is sometimes a very elaborate and arduous process. You will make some progress each time you meditate, but those results are often very subtle. Those subtle results occur very deep within the mind, only later becoming more apparent. And if you sit in meditation expecting significant changes, you will miss out on these subtle changes. You will get frustrated, give up, and you will never have any change. Patience is the key. If you learn nothing from this mindfulness meditation, at least you will learn patience. And that is the most valuable lesson in this mindfulness meditation.*

Keywords: Buddhism, Mindfulness, Meditation, Life, Social Changes, and Perfected Life.

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