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web aug 18 2020 meditasyon duygularımızı ya da

düşüncelerimizi kontrol etme ve keskin bir odaklılık da değil

elbette ki zihni odaklamak için kullandığımız şeyler olabilir

bunu en çok duyular aracılığıyla yaparız mesela

meditasyonlarda bir müzik veya bir gong sesi duyma

duyumuzla ana gelebilmemiz için kullanılır

meditasyon nedir meditasyon yapmanın faydaları nelerdir -

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web bilimsel bir zihni dinlendirme tekniği olan meditasyon

derin bir şifa yöntemi olup yüzyılımızda iş okul ve özel

hayatımızda stresi azaltma stres yönetimi verimlilik ve

yaratıcılık artışı için kullanılan en önemli ve en etkili araçtır

meditasyon kesinlikle bir inanç sistemi değildir meditasyon

inanılması gereken bir uygulama olmayıp dünyadaki en

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web jul 23 2023 meditation ist längst kein nischenthema

mehr sondern eine disziplin deren wirkungen auf geist und

körper mittlerweile sehr gut erforscht sind insbesondere in

den letzten jahren beschäftigen sich unzählige

wissenschaftliche studien mit den effekten und vorteilen des

meditierens

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web was ist meditation meditation ist ein einfacher vorgang

du beobachtest deine gedanken deinen verstand ohne gegen

ihn anzukämpfen und ohne zu versuchen ihn unter kontrolle

zu bekommen bleibe ein urteilsfreier beobachter nimm

einfach die gedanken die vorüberziehen zur kenntnis ohne

sie als negativ oder positiv zu beurteilen

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~~web feb 1 2022 beim meditieren geht es um die bündelung deiner aufmerksamkeit indem du dich auf einen gedanken eine empfindung eine emotion oder deinen atem konzentrierst fokussierst und beruhigst du deinen geist das kann dir helfen bestimmte aufgaben zu erledigen oder ganz einfach deinen alltag zu bestreiten~~

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web meditation is a practice in which an individual uses a technique such as mindfulness or focusing the mind on a particular object thought or activity to train attention and awareness and achieve a mentally clear and emotionally calm and stable state meditation is practiced in numerous religious traditions

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web meditasyon ya da dalgın latince meditatio kelimesinden türetilmiş sözcük anlamıyla birçok batı dilinde derin düşünme anlamına gelmekte olan bir terim olup sözlüklerde kişinin iç huzuru sükûnet değişik şuur halleri elde etmesine ve öz varlığına ulaşmasına olanak veren zihnini denetleme teknikleri ve deneyimlerine verilen ad olarak tanımlanır

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web der begriff meditation kommt ursprünglich aus dem lateinischen und bezeichnet das tiefe nachdenken oder sinnieren über etwas es handelt sich dabei um verschiedene geistes und gedankenübungen die in vielen kulturen und religionen fester bestandteil der spirituellen praxis sind meditation soll dazu dienen den geist zu sammeln und zu

die definition von meditation was ist meditation svapurna -

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~~natürlich bedeutet meditation zu lernen auch zu verstehen und umzusetzen wie meditiert wird das ist in gewisser weise aber eine äußere und technische ebene meditation zu lernen heißt aber auch loszulassen und zuzulassen weich und offen zu werden es bedeutet einfach nur wahrzunehmen~~

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