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Kaplan, Orthodox rabbi and author of Meditation and the Bible (Weiser, 1978) and Meditation and Kabbalah (Weiser,

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Meditation is a practice where an

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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.:
228-29: 180: 415: 107 Scholars have found meditation difficult to define, as practices vary both between traditions

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