

**YOUR MIND IS YOUR TEACHER: SELF-AWAKENING
THROUGH CONTEMPLATIVE MEDITATION**

Brooke V. Botten

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Dharma World Buddhist magazine

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Thank You Anbukkarasi for sharing your wonderful spiritual experience! By helping to dissolve negative thoughts and habits, the practice can increase your focus, confidence, self-esteem, and happiness. We propose that these experiences are important to study.

A human of average intelligence should be able to grasp its nature. Those who do not understand an important part of this practice is to cultivate and practice the understanding that oneself and other beings are actually the same, and thus all suffering must be removed, not just "mine". Group Analysis. As one American Buddhist teacher, Shinzen Young [] puts it: It is certainly the case that almost everyone who gets anywhere with meditation will pass through periods of negative emotion, confusion, disorientation, and heightened sensitivity... for some duration of time, things may get worse before they get better... But it is not enough that energy drops. Nature Reviews Neuroscience.