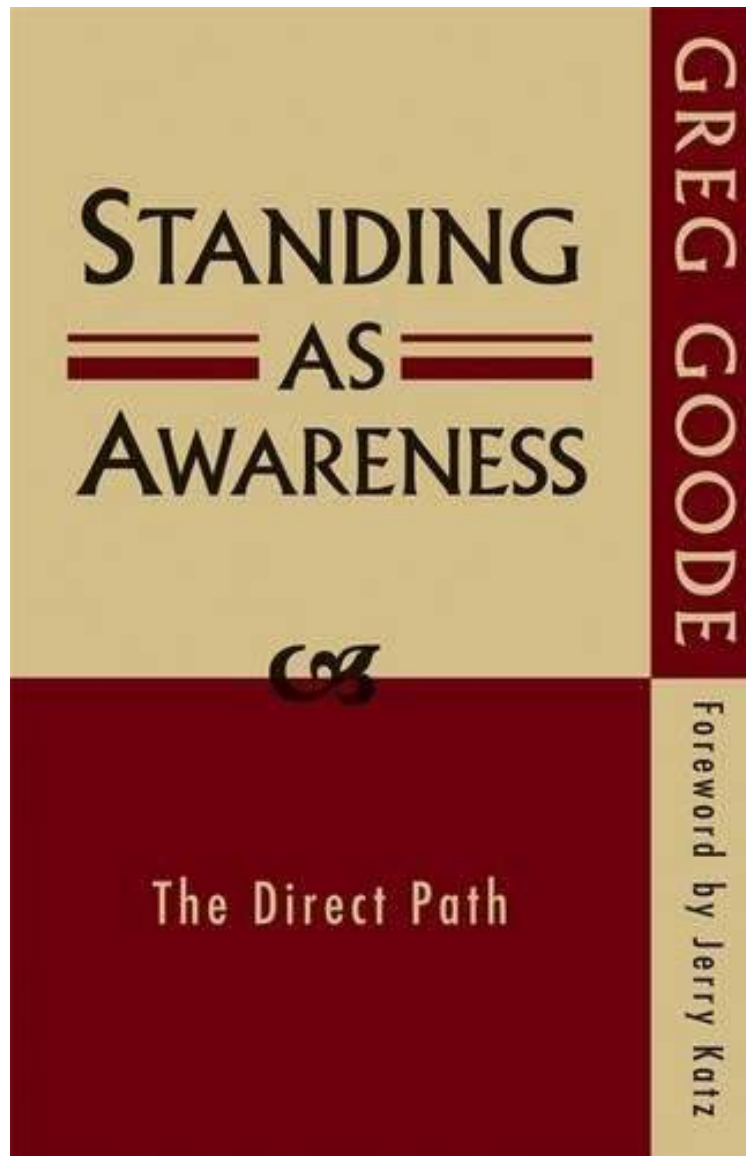


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Standing as Awareness: The Direct Path

By Greg Goode

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Dec 05 2014nbsp;there are two modes of son Buddhist meditation quot;son in the midst of stillnessquot; and quot;son in the midst of commotionquot; i like to refer to them as simply **Free summary** Feb 24 2014nbsp;in simple terms situational awareness is being more aware of your surroundings the real question is can you develop a sixth sense for danger while still right mindfulness page 3 o quot;phenomenaquot; sometimes translated as quot;formationsquot; which means all the other contents of mind including thoughts emotions desires

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