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## What is the purpose of meditation

Posted by reiki2 - 2007/09/03 16:33

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Check out this great article about meditation

<http://www.ecoholisticcommunity.com/spiritual/spiritual-articles/what-is-the-purpose-of-medit.html>

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## Re:What is the purpose of meditation

Posted by mmk123 - 2008/07/11 05:55

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Thanks for the link. To be honest, I've never known too much about meditation or the purpose of it, I find it difficult to sit still for very long doing anything :laugh:

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