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Living from the center: mindfulness meditation and

Living from the Center: Mindfulness Meditation and Centering for Friends. By Valerie Brown. The Mindful Quaker: A Brief Introduction to Buddhist Wisdom for Friends.

Religion as practice: a zen- quaker internal

A Zen-Quaker Internal Dialogue I recommended internal dialogue, or mindful observation of our behavior I would either give some brief but inadequate answer or else

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Her writings on spirituality have been widely published and include Pendle Hill Pamphlet 386, The Mindful Quaker: A Brief Introduction to Buddhist Wisdom for Friends.

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Mindfulness August 26, A Quaker and a mystic by birth, God had somehow gone on sabbatical. I longed for his touch, even if only brief and subtle.

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