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Mindfulness is a mental state of calm, acceptance, and awareness of the present moment. While the practice is rooted in Buddhist and Hindu principles, the origin of mindfulness in the United States can be traced back to Jon Kabat-Zinn, who founded the Mindfulness-Based Stress Reduction (MBSR) program to treat those with chronic illness. Adopting what he learned from the Zen Missionary Phillip ...

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In the morning, the king remembered about the dog and rushed to the mirror house, but by then the dog had died while fighting with his own images. The king got the mirror house broken in anger.