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Samatha or Āsamatha (Sanskrit: à¤Ÿà¤@à¤Ÿ; Chinese: æ-ø zhÇ•) is a quality of mind which is developed (bhĀ•vanĀ• à¤-à¤¾à¤µà¤"à¤¾) in tandem with vipassana (insight) by calming the mind (citta à¤šà¤; à¤¤à¤•à¤¤) and its 'formations' (saá¹...khĀ•ra à¤,à¤,à¤,à¤•à¤•à¤¾à¤°). This is done by practicing single-pointed meditation, most commonly through mindfulness of breathing.

### **Samatha - Wikipedia**

Sannyasa (saá¹fnyĀ•sa) is the life stage of renunciation within the Hindu philosophy of four age-based life stages known as ashramas, with the first three being Brahmacharya (bachelor student), Grihastha (householder) and Vanaprastha (forest dweller, retired). Sannyasa is traditionally conceptualized for men or women in late years of their life, but young brahmacharis have had the choice to ...

### **Sannyasa - Wikipedia**

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### **Libro - Wikipedia**

It is being verified that the pineal gland can produce METAtonin, a DMT based neurochemical secretion that can alter the normal state of consciousness to a higher level resulting in Out-of-Body experiences, lucid dreaming and paranormal sensitivity.

### **Metatonin Research, Pineal gland secretion METAtonin**

Joshua touches on this subject in his recent article The Bible Code Controversy.Personally I believe there are, but of course it is of the utmost importance to carefully examine whatever you find in order to preclude the possibility of errors or coincidences.

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CHAPTER XXVI... TO A NUNNERY (PARAMAHANSA YOGANANDA) Nearly everyone is familiar with those three little monkey-figures that depict the maxim, "See no evil, hear no evil, speak no evil."

### **Stripping the Gurus" ... To a Nunnery**

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