

Re: Study: Meditation Aids Teen Blood Pressure

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From: SomeGuy (*spam_at_spam.sp*)

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"Dr. Andrew B. Chung, MD/PhD" <andrew@heartmdphd.com> wrote i
>
> *I can imagine Buddhist meditation being welcomed in*
> *schools where prayer has been banned.*

I'm glad to know you're in favour of this Andrew. I too feel that it is an excellent method for focusing the student.