

# Meditation Primer: Part 1

Shamatha (calm abiding) and Vipassana (insight and mindfulness)



# Mindfulness Meditation Primer

**Deborah A. Day**



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surroundings all described in physical language as neurostates playing certain functional roles as sentences of mentalese as  
stimulations of sense organs by the environment as move

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pursuit of our lives seems replete with mental causation it may thus seem as obvious that it occurs as we pursue our lives but  
how mental causation is possible is not obvious and therein lies a philosophical tale

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