



# Theravada Buddhist and Taoist Meditation

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Taoism and Buddhism are the two religions in the world, which go consistently in hand with latest developments in the world. In Theravada meditation, two main categories called Samatha and Vipassana were become evident which are ideologically coinciding with the concentration and insight meditation of Taoism. No researcher had ever done a balanced study by comparing these concepts of both religions. Therefore, a comparative study was conducted focusing on the meditation of Theravada and Taoism.

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Playing with family within a park, coming to see the water world or hanging out with pals is thing that usually you will have done when you have spare time, after that why you don't try thing that really opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love Theravada Buddhist and Taoist Meditation, you could enjoy both. It is excellent combination right, you still desire to miss it? What kind of hangout type is it? Oh can happen its mind hangout guys. What? Still don't get it, oh come on its known as reading friends.

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