

MEDITANCE

Meaning: Meditance is a state of heightened awareness and inner peace achieved through meditation practices.

1. Meditance is often described as a state of heightened awareness and inner peace.
2. Many practitioners believe that regular meditance can lead to improved mental clarity and emotional stability.
3. During the retreat, participants engaged in deep meditance to explore their subconscious thoughts.
4. The art of meditance combines elements of mindfulness and focused breathing techniques.
5. She found that moments of meditance throughout her day helped her manage stress more effectively.

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