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what is the mind illuminated the mind illuminated is a meditation manual written by culadasa and two of his students matthew immergut and jeremy graves it was published independently in 2015 and quickly became a foundational book in the western meditation scene

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hi everyone i ve just updated this quick reference with a couple of goodies the first is the addition when to start practices for next stage from culadasa himself you can find it at the bottom of the sheet

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