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emotional states thoughts and the sensations they produce are impermanent so that with mindfulness skills one can use this to one s advantage by having a more quiet alert mind and a powerful control over how one interacts with oneself others and the world results of study 3 showed that mindfulness correlated positively with both impermanence awareness and acceptance we posit that mindfulness and impermanence may function synergistically mindfulness may promote impermanence by encouraging nonjudgmental attention to one s present changing experience 73 subscribers 2 55 views 11 months ago lake chapala more in this video mindfulness teacher richard clarke discusses the concept of impermanence which is a fundamental buddhist mindfulness well being within the buddhist tradition impermanence refers to a core teaching that all phenomena are transient and subject to change and dissolution halifax 2008 nhat hanh 1999 ostaseski 2017 march 18 2020 gil fronsdal leads an anapanasati exploring 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