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In general, Bihar State is poor, but that particular area is even more so. I did not even see children going to or coming from school. Just poverty. And sickness. I have a very clear memory of a small boy with polio, who had rusty metal braces on his legs and metal crutches up to his armpits. It was obvious that he had no one to look after him.

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The stages are described so vividly that we can imagine the process of traveling deeper into the mind, on the ultimate journey of transformation.

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Being aware of impermanence calls for discipline -- taming the mind -- but this does not mean punishment, or control from the outside. Discipline does not mean prohibition; rather, it means that when there is a contradiction between long-term and short-term interests, you sacrifice the short-term for the sake of long-term benefit.

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