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Buddha Abhidhamma - Ultimate Science

Gautama Buddha (c. 563/480 – c. 483/400 BCE), also known as Siddhārtha Gautama (Sanskrit or Siddhāttha Gotama (Pali, Shakyamuni (i.e. "Sage of the Shakyas") Buddha, or simply the Buddha, after the title of Buddha, was a monk (), mendicant, and sage, on whose teachings Buddhism was founded.

Gautama Buddha - Wikipedia

PDF Doc. (633 KB) Guide to Tipitaka – Compiled by U KO Lay. The Guide to the Tipitaka is an outline of the Pali Buddhist Canonical Scriptures of Theravada Buddhism from Burma.

BuddhaNet eBooks: Theravada Text & Teachings

With Each & Every Breath: A Guide to Meditation, by Ānissaro Bhikkhu. (revised Dec. 15, 2018) A breath meditation manual by Ānissaro Bhikkhu drawing on two sources: the Buddha's own set of instructions on how to use the breath in training the mind, and Ajaan Lee Dhammadharo's method of breath meditation which builds on the Buddha's instructions, explaining in detail many of ...

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6 To help us gain some sense of faith and trust in these teachings, it is necessary to know the history of the Buddha's teachings. Brief history of the Buddha's teachings

LAM RIM Graduated Path to Enlightenment LAM - fpmt-ldc.org

The Mettā Sutta is the name used for two Buddhist discourses (Pali: sutta) found in the Pali Canon. The one, more often chanted by Theravadin monks, is also referred to as Karaṃyamettā Sutta after the opening word, Karaṃyam, "(This is what) should be done." It is found in the Suttanipāta (Sn 1.8) and Khuddakapāṭi (Khp 9). It is ten verses in length and it extols both the virtuous ...

Metta Sutta - Wikipedia

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Thought Power - The Divine Life Society

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Mindfulness In Plain English - Urban Dharma

Bhikkhu Pesala. The Debate of King Milinda. Latest PDF Edition. August 2018. This edition was previously published as a paperback for free distribution by The Corporate Body of the Buddha Educational Foundation in 2010.

The Debate of King Milinda - aimwell.org

2 Kadampa Teachings It is definite. We all know that we are going to die. There is no doubt about that. But we do not know when it is going to happen! And, no matter how wealthy you are in this life, at the time of death, we

KADAMPA TEACHINGS - Amitabha Buddhist Centre

Buddha and the Path to Enlightenment: IV. The Dhammapada and the Udanavarga. By Raghavan Iyer. Buddhagosa's Parables. 305 stories and parables in a commentary on the Dhammapada Sutta provided by Buddhagosa in the 5th Century CE.

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Kannon Bodhisattva (Bosatsu) - Goddess of Mercy, One Who

Thanks for the article. As you say, successful practitioners of this method are a pleasure in interaction. I have found on the down side that some of my patients with serious mental disorders such as schizophrenia or bipolar disorder are at a serious disadvantage as they may not be able to draw enough ego control to still the many "voices" and actually deteriorate in mental health, getting ...

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