

Right Concentration A Practical Guide To The Jhanas

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Buddhism Wikipedia

February 9th, 2019 - Buddhism is an Indian religion attributed to the teachings of the Buddha supposedly born SiddhÄ•rtha Gautama and also known as the TathÄ•gata thus gone and Sakyamuni sage of the Sakyas Early texts have his personal name as Gautama or Gotama Pali without any mention of SiddhÄ•rtha Achieved the Goal which appears to have been a kind of honorific title when it does appear

VipassanÄ• Wikipedia

February 10th, 2019 - While the Abhidhamma and the commentaries present samatha and vipassana as separate paths in the sutras vipassana and samatha combined with sati mindfulness are used together to explore the fundamental nature of mind and body In the later Theravada tradition samatha is regarded as a preparation for vipassanÄ• pacifying the mind and strengthening concentration in order for insight to

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