# **BOOK OF BUDDHISM**



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In Theravada Buddhism, but also in Tibetan Buddhism, two types of meditation Buddhist practices are being followed, namely samatha (P li; Sanskrit: amatha; "calm") and vipassana (insight). [302] [303] Samatha is also called "calming meditation", and was adopted into Buddhism from pre-Buddha Indian traditions. http://ebookslibrary.club/download/Buddhism-Wikipedia.pdf

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