

Satipatthana The Direct Path To Realization Analayo

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The brahmavihārās (sublime attitudes, lit. "abodes of brahma") are a series of four Buddhist virtues and the meditation practices made to cultivate them. They are also known as the four immeasurables (Sanskrit: apramāṇa, Pāli: appamaññā). The Brahma-viharas are: . loving-kindness or benevolence (metta); compassion (karuna); empathetic joy (mudita) ...

Brahmavihara - Wikipedia

Buddhism includes an analysis of human psychology, emotion, cognition, behavior and motivation along with therapeutic practices. A unique feature of Buddhist psychology is that it is embedded within the greater Buddhist ethical and philosophical system, and its psychological terminology is colored by ethical overtones. Buddhist psychology has two therapeutic goals: the healthy and virtuous ...

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