

Experience of samādhi - an in-depth investigation of Buddhist meditation

Shambhala - The Experience of Samadhi: An In



Description: -

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Buddhists -- Interviews

Buddhist literature, Pali -- History and criticism

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The Experience of Samadhi: An In

Her teachings emphasize deep samadhi, jhāna, and the path of liberating insight. One of the most helpful aspects of the book is the clear distinction between 'mindfulness' and 'concentration,' two terms that are often only vaguely defined in primary sources.

Buddhist Meditation Part 2: The Buddha's Teachings on Concentration with Richard Shankman

An example is a mental factor that, when fully focused on an attractive object, remains single-pointedly on that without moving away to something else.

Richard Shankman

Part two consists of a series of interviews with prominent contemporary Theravada and Vipassana Insight Buddhist teachers. It cannot stay fixed but rushes from idea to idea, from thought to thought, without inner control. There are also other practices such as Dream Yoga, Tummo, the yoga of the intermediate state at death or Bardo, sexual yoga and Chöd.

Sayadaw U Tejaniya

Through online and in-person courses, Mindful Schools has trained thousands of people, who have reached over 300,000 youth. The object of attention is not really important; the observing mind that is working in the background to be aware is of real importance. And therefore anytime you practice concentration, you have to use mindfulness to deal with problems.

The Experience of Samadhi

Such a distracted mind is also a deluded mind.

Buddhist Meditation

Introduction to Tibetan Buddhism, Revised Edition, p. Samatha meditation practices of Visuddhimagga.

The experience of samādhi : an in

. Interviews with contemporary meditation teachers -- Jack Kornfield -- Ajaan Ṭhānissaro -- Sharon Salzberg -- Bhante Gunaratana -- Christina Feldman -- Leigh Brasington -- Ajahn Brahmavaṃso -- Pa Auk Sayadaw -- Appendix 1.

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