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The Nikayas sometimes compare the process of training the mind to the taming of a wild animal. Just as an animal trainer has to use various techniques to bring the

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The Removal of Distracting Thoughts, by Soma Thera (Buddhist Publication Society Wheel Publication No. 21; 1981; 15pp.)

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5 Ways for the Removal of Distracting Thought. unskilful thoughts continue to arise in spite of reflection on the removal of a source of unskilful thoughts,

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Aug 09, 2014 Lots of posts on here concerning thoughts. Thought this would help. ;) [Vitakkasanthana Sutta: The Removal of Distracting Thoughts \ (MN

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I need to remove distractions. This is not as simple as removing them from my work environment this is about removing them from my mind.

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Mn 20: the removal of distracting thoughts

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