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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

The removal of distracting thoughts

The Removal of Distracting Thoughts Vitakka-sa h na Sutta A Discourse of the Buddha (Majjhima Nik ya No. 20) With the Commentary and Marginal Notes

The 5 best techniques to control and calm your

the Buddhist Sutra on the Removal of Distracting Thoughts. This level is the hardest, and draws upon the techniques of modern psychology.

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Smitha milli medium

Smitha Milli. debate ideas, not people. debate between ideas, I wrote about breaking habits and Buddha s five ways to remove distracting thoughts.

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Re: vitakkasanthana sutta: the removal of

Yes. The effort to suppress or stop unwanted thoughts can be accomplished by commanding the mind with strong intention to "Stop" each time these unwanted thoughts arise.

How i ll replace distracting thoughts with

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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Santhana - meaning and origin of the baby name

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The removal of distracting thoughts - yellow robe

MN 20 Vitakkasana Sutta - The Removal of Distracting Thoughts Monday, 25 January 2010 21:04 1. Thus have I heard. On one occasion the Blessed One was living

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Teachings of the buddha: mastering the mind and

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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Meeting your thoughts at a resting place. they would be looking for ways to remove distracting thoughts that get in the way of meditating on a particular

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