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## **The removal of distracting thoughts**

The methods for dealing with the hindrances to concentration and the mental factors to be developed in progression on shamatha.

## **Vitakkasanthana sutta - wikipedia, the free**

Title and content . English translations have employed several different titles for the Vitakka-sa h na Sutta, including The Removal of Distracting Thoughts The

## **Soma thera - wikipedia, the free encyclopedia**

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

## **Be still | creative prayer**

Ask God to calm your mind and to remove distracting thoughts. Begin by paying attention to your breathing and relax individual muscles. As thoughts come,

## **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

## **Mn 20: the removal of distracting thoughts**

Early Buddhist texts, translations, and parallels, including ancient scriptures in Pali, Chinese, Sanskrit, and Tibetan, the relations between them, and modern

## **Santhana - meaning and origin of the baby name**

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## **5 ways for the removal of distracting thought |**

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,

## **2013-5-25 insight journal | barre center for**

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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## **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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## **How to get rid of negative thoughts - psyblog**

Repressing thoughts doesn't work so here are 8 ways to get rid of negative thoughts. It's one of the irritations of having a mind that sometimes it's hard to

## **Vitakkasanthana sutta - free dharma: sutta, sutra,**

Vitakkasanthana Sutta hosted by Free Dharma: The Removal of Distracting Thoughts. Thus have I heard. At one time the Blessed One was staying at Savatthi,

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## **The middle length discourses of the buddha -**

20. Vitakkasa h na Sutta: The Removal of Distracting Thoughts 1. Thus have I heard. On one occasion the Blessed One was living at S vatth in Jeta's Grove

## **The removal of distracting thoughts - yellow robe**

MN 20 Vitakkasa h na 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

## **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.

## **Mn20 the removal of distracting thoughts | clouds**

Clouds in Water Zen Center | St. Paul, Minnesota | Minneapolis | Twin Cities | USA Clouds in Water Zen Center Awakening the Heart of Great Wisdom and Compassion

## **Buddhism way of thought stopping to enhance**

Buddhism way of thought stopping to enhance performance in elite tennis players Tanaporn Panich in Vitakkasanthana-Sutta: the removal of distracting thoughts.

## **The removal of distracting thoughts :**

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## **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.

## **Les grands siecles de la peinture. le dix huitieme**

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## **The removal of distracting thoughts : buddhism**

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

## **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.

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## **Distracting thoughts by sherlockedginger on**

Though I suppose if my clothes are so distracting I could simply remove them. SH 1:38 You're really not helping. JW 1:39 Distracting Thoughts by SherlockedGinger

## **How to get rid of unwanted thoughts**

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Mar 02, 2012 Sutta contemplation weekend retreat lead by Venerable Brahmali March 2012.

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