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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

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

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

Ajahn brahmali reads mn20: removal of distracting

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

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.

The removal of distracting thoughts - yellow robe

MN 20 Vitakkasāhāna 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

Santhana - meaning and origin of the baby name

Santhana: Meaning of Santhana The Removal of Distracting Thoughts (Vitaka-santhana Sutta): A Discourse of the Buddha (Majjhima Nikaya No. 20

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Soma therā - wikipedia, the free encyclopedia

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

The removal of distracting thoughts :

The removal of distracting thoughts : a discourse of the Buddha (Majjhima Nikaya no. 20) : (Majjhima Nikaya no. 20) : with the commentary and marginal notes

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.

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

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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 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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