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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

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

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

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

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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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### **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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## **Ajahn brahmali reads mn20: removal of distracting**

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

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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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## **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

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

## **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

## **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,

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