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Smitha milli medium

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Browse > Home / Personal / How To Get Rid of Unwanted Thoughts There are a number of ways that you can get rid of unwanted thoughts. Distraction . Stain Removal;

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Mn 20: the removal of distracting thoughts

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

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

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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.

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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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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