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Paravahera Vajirañāṇa Mahāthera & Allan R. Bomhard ...

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Buddhist meditation is the practice of meditation in Buddhism. The closest words for meditation in the classical languages of Buddhism are bhāvanā ("mental development") and jhāna/dhyāna (mental training resulting in a calm and luminous mind).. Buddhists pursue meditation as part of the path toward liberation, awakening and Nirvana, and includes a variety of meditation techniques, most ...

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In Buddhism the person meditating is not trying to get into a hypnotic state or contact angels or any

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Buddhist Meditation In Theory And Practice

masterpiece entitled Buddhist Meditation in Theory and Practice. This book, indeed, gives a comprehensive and lucid exposition on Buddhist meditation and has enriched the annals of Buddhist literature. This work was the outcome of three years of research (from 1933 to 1936) at Cambridge University under the supervision of Dr. Edward J.

Buddhist Meditation In Theory and Practice Cover

Buddhist meditation is of two main types: Samatha is meant to calm and relax the mind, as well as

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develop focus and concentration by training attention on a single object; Vipassana is a means to gain insight or understanding into the nature of the mental processes and their impermanent, stressful and selfless qualities through the application of continuous and stable mindfulness and comprehension (Sampajañña).

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Paravahera Vajirañāṇa Mahāthera & Allan R. Bomhard ...

In Buddhism, this has always entailed some correct understanding and acceptance of anatma, which is the principal object of meditation, for the core of Buddhist teaching is simply the demonstration of anatma, and of the paths and final results which arise from meditating upon that view.

Mahayana Buddhist Meditation (Theory and Practice)

Buddhist Meditation in Theory and Practice: A General Exposition According to the Pali Canon of the Theravada School. Hardcover □ January 1, 1987. by Paravahere Vajiranana Mahathera (Author) 5.0 out of 5 stars 1 rating. See all formats and editions.