

The Inner Art of Meditation by Jack Kornfield

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BuddhaNet - Buddhist Information and Education Network: Buddhist Studies, World Buddhist Directory, BuddhaZine - Online Magazine. Insight Meditation Online, eBooks on.

ABOUT THE TEACHERS: Rebecca Li, a Dharma heir in the lineage of the Chan Master Sheng Yen, started practicing meditation in 1995. She began her teacher's training.

Melli O'Brien of MrsMindfulness.com has gathered over 40 of the world's leading experts on meditation and mindfulness for a series of online interviews, practice.

Want try mindfulness meditation but not sure where to begin? We'll show you how to start, feel better, reduce your stress, and enjoy life a little more.

Mindfulness quotes inspire and motivate. Sending mindfulness quotes as a reminder can even be used as an intervention. Here are 76 powerful ones!

Sounds True offers transformational programs to help you live a more genuine, loving and meaningful life.

Fifth Paramita-Concentration. Over the past weeks, we have discussed the first four paramitas, or perfections, of Generosity, Ethics, Patience, and Joyous Effort.

Art, like meditation, illuminates the ineffable. Painting, literature, poetry, music, dance, theatre, film...these have incredible capacity to comfort, heal, inspire.

Stepping through the gate of Wat Ram Poeng, also known as the Insight Meditation Center, always feels like coming home. The first time Lucy and I set foot in this.

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