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with, in order to have successful calm abiding or shamatha meditation, in the beginning we have to rely on outer circumstances that are favorable to the meditation. So part of this involves practicing the preliminaries that come before the preliminaries.

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Calm Abiding And Special Insight: Achieving Spiritual Transformation Through Meditation by Geshe Gedun Lodro (Author), Jeffrey Hopkins (Editor, Translator) Step by Step: Basic Buddhist Meditations by Geshe Namgyal Wangchen (Author) How to Meditate: A Practical Guide by Kathleen McDonald (Author), Robina Courtin

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calm abiding and special pdf Abiding in a state of mental calm and evenness doesn't imply that one has suppressed or washed away one's disturbing emotions. All appearances are a manifestation of one's mind. One accomplishes

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Quotations on: Shamatha - Calm Abiding and Vipassana - Special Insight . Return to the Quotations Index. It is said in the Teachings that without taking up the Paramita of Meditative Concentration, it would be impossible to realize the nature of mind.

Shamatha - Calm Abiding and Vipassana - Special Insight

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Calm Abiding and Special Insight by Geshe Gedun Lodro

Samatha, calm abiding, which steadies, composes, unifies and concentrates the mind; Vipassana, insight, which enables one to see, explore and discern "formations" (conditioned phenomena based on the five aggregates).

Samatha - Wikipedia

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