

The Treasury Of Knowledge The Stages Of Meditation Of Shamatha And Vipashyana

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Vipassanā• Wikipedia

Morality mindfulness of breathing and reflection Vipassanā• meditation uses sati mindfulness and samatha calm developed through the practice of anapanasati mindfulness of breathing combined with the contemplation of impermanence as observed in the bodily and mental changes to gain insight into the true nature of this reality Practice begins with the preparatory stage the

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