

Blueprint For Healing The Path To Conscious Living

The Four Foundations of Mindfulness
Consciousness: A Very Short Introduction
Liberating Insight
World Sūtric and Tantric Buddhist Conference Report
Psychological Perspectives on Reality, Consciousness and Paranormal Experience
The Workings of Kamma
The Theosophist Pamphlets on Biology
Mind The Open Court
Courageous Compassion
When Nothing Seems to Work
Journey of Consciousness
Mountain Path
The Open court
Enchanting - Life's Dream Calling
The Art Of Conscious Living
Where the Body Dwells, the Eyes Gaze and the Consciousness Wanders
The Mystery of Mind
Blackwood's Edinburgh Magazine
U Silananda Susan J. Blackmore Frits Koster Tony Jinks The Pa-Auk Tawya Sayadaw Paul Carus Dalai Lama Vishwanath Belliappa Vethathiri Margrit Eleonore Haid Adriaan Bekman Shengfong Lin Leonard Thompson Troland

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an absolute essential of buddhist thought and practice in addition to practitioners of insight meditation those who engage in other meditation forms such as

dzogchen mahamudra and zazen will find that the four foundation of mindfulness provides new means of understanding how to approach and deepen their own practices the entire great discourse is included here coupled with a beautifully clear commentary from the great scholar yogi venerable u silananda

a lively introduction that combines the perspectives of philosophy psychology and neuroscience written by the top name in the field susan blackmore

this book introduces the reader to the psychology of theravada buddhism the cradle of all later buddhist schools and traditions in simple and clear language frits koster describes the fundamental teachings of buddhism including the four noble truths karma and rebirth he also introduces various forms of meditation in particular vipassana or insight meditation after a practical explanation of the method and practice of insight meditation he elaborates on the fruits of this practice namely wisdom and purification of the mind in the final section of the book koster applies the principles and benefits of insight meditation to western society in the areas of health therapy relationships communication and stress the book offers a rich and authentic introduction to buddhist psychology and insight meditation

this book explores various explanatory frameworks for paranormal encounters it opens with the story of an inexplicable human figure seen crossing a secluded hotel corridor interpreted as a ghost by the sole witness the subsequent chapters explore the three most important historical perspectives accounting for this and other types of paranormal experience each perspective is examined from first principles with specific reference to what happened in the corridor how it happened why it happened and who might be responsible the first perspective considers the experience to be legitimate to be something real and various possibilities are presented that are grounded in the paranormal and parapsychological literature among which a ghost is one putative explanation in turn the second perspective treats the experience as being wholly illegitimate with reference to psychological theory the ghost sighting is a product of erroneous

consciousness the third perspective is different yet again and considers the sighting to be authentic but argues that explaining the ghost requires a radical departure from conventional models of reality and consciousness by contrasting these three paths the book provides a valuable resource for readers interested in the philosophical and psychological origins of explanations for paranormal experiences from the 19th century to the present it will appeal to general readers in addition to students and scholars of parapsychology anomalistic psychology and consciousness studies

over the years as he has encountered western buddhists meditation master the most venerable pa auk tawya sayadaw has seen the need for a thorough explanation of the workings of kamma in english to that end he has composed the workings of kamma it is a detailed analysis and discussion of the workings of kamma in accordance with the pali texts vinaya suttas abhidhamma and the authoritative commentaries and subcommentaries first the most venerable sayadaw gives a detailed discussion of how beings run on from life to life because of a belief in self founded in craving and ignorance he explains how those two factors are prime movers in the working of kamma next he gives a comprehensive and practical analysis of the workings of kamma according to the roots of consciousness that includes a practical and systematic analysis of the three merit work bases offering morality and meditation then he analyses the ten courses of unwholesome and wholesome kamma killing stealing sexual misconduct etc and non killing non stealing etc he discusses also the results of kamma rebirth in hell as a ghost animal human or celestial being mundane wholesome kamma unique to a buddha s dispensation he discusses as knowledge and conduct necessary for future attainment of nibbāna afterwards he explains the buddha s twelve categories of kamma four for time of effect four for order of effect and four for function of effect and he discusses how they operate over past future and present and how their workings depend also on the achievement failure of a certain rebirth appearance time and means then comes a lengthy discussion of the small kamma analysis sutta there the buddha discusses how kamma accounts for the superiority inferiority of people next is a discussion of how a being s kamma paints a picture of

a being who is in fact nothing more than the five aggregates and finally there is a detailed discussion of the gradual unworking of the potency of kamma with the insight knowledges leading up to the stream entry path knowledge etc up to arahantship it ends with a detailed discussion of the arahant's parinibbāna and what this means in practical terms the most venerable sayadaw gives many examples with continuous reference to the pali texts he cites and explains also the dangers of holding to a wrong view that denies the workings of kamma and he explains the necessity for seeing the workings of kamma oneself with direct knowledge explaining that one is otherwise unable to understand the second noble truth the noble truth of the origin of suffering there is also a detailed analysis of the transition from one life to the next and many charts help the reader understand the explanations on the practical level of consciousness and mental factors from a book published by pa auk meditation centre a centre of theravāda buddhist tradition

courageous compassion the sixth volume of the library of wisdom and compassion continues the dalai lama's teachings on the path to awakening while volume 5 in praise of great compassion focused on opening our hearts to others and generating the compassion joy and fortitude to make our lives meaningful by benefiting them this volume ventures further to describe buddhahood the path of no more learning the premise being that all sentient beings will become fully awakened buddhas we learn about the ten perfections as well as how śrāvakas solitary realizers and bodhisattvas progress along the paths of their respective vehicles to ultimate bodhicitta a sophisticated schema of the five paths of accumulation preparation seeing meditation and no more learning and of the eight and ten grounds of the fundamental vehicle and the bodhisattva vehicle respectively serves as a concise framework for studying a grounds and path text in depth finally his holiness describes the buddha bodies what buddhas perceive and the awakening activities of buddhas throughout we see how the dharma is taught in tibetan buddhism in the pāli tradition and in chinese buddhism

when old colleagues mathew and his friend reconnect in the plush surroundings of a

dubai airport lounge their chance encounter becomes the catalyst for a riveting exploration of the intricacies of modern career and life mathew a seasoned corporate executive finds himself trapped in a labyrinth of toxic work dynamics and stifling managerial control his candid and heartfelt conversations with his friend unveil the dark underbelly of his glamorous exterior from unrelenting micromanagement to a suffocating lack of autonomy his narrative resonates with the silent struggles of many professionals in a series of captivating chapters the book reveals transformative insights that guide readers in navigating career and life challenges by developing inner strength and breaking traditional barriers allowing them to lead their careers and lives on their own terms as mathew s story unfolds through poignant anecdotes practical guidance and a series of self reflection assessments the book encourages readers to confront fear embody clarity and harness the strength of empowered problem solving when nothing seems to be working their way in a world defined by pressures and expectations this book serves as a guiding light reminding us that amidst adversity lies the potential for transformation and that the journey itself holds the true magic of life

how can the 2nd half of life become a rewarding and enchanting adventure with zest and esprit how can your life dream and the dream that life has of you come true how can this be accomplished despite all the challenges that life and aging present 70plus psychotherapist margrit e haid shows in an easy to understand way and in a colourful sequence of topics how the findings of psychotherapy offer inspiring enriching unconventional and encouraging answers to the questions posed above in our highly complex time it is imperative to better understand and consider the interplay of body mind soul and spirit including the unconscious therefore particular emphasis is placed on the significance of its integration and on the nocturnal dream as an evolutionary map with it also the immense creative capacity inherent in every human being and willpower are of great importance integrating and embracing all these areas are crucial for an empowering and deeply satisfying 2nd half of life however challenging it may be besides her own conclusions also well known authors are explored from the fields of psychotherapy consciousness research medicine sociology philosophy quantum physics biology and anthropology

such as c g jung c p estés ken wilber james hillman leopold rosenmayr danielle quinodoz helen luke roberto assagioli ingrid riedel marie louise v franz arnold mindel rupert sheldrake alan wolf and others

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