practicing the jhanas traditional concentration meditation as presented by the

Wed, 05 Dec 2018 07:49:00 GMT practicing the jhanas traditional concentration pdf - Etymology. Dhayana is commonly translated as meditation, and is often equated "concentration," though meditation may refer to a wider scala of exercises for bhavana, development. Fri, 2018 11:07:00 07 Dec Dhyĕna **GMT** Buddhism - Wikipedia -Kalapa or rupa-kalapa rūpa (from Sanskrit "form, phenomenon" and kalĕpa "bundle") is a term Theravada **Buddhist** phenomenology for smallest units of physical matter, said to be about 1/46,656th the size of a particle of dust from a wheel of chariot. Kalapas are not mentioned in the earliest **Buddhists** texts. such as the Tripitaka, but ... (atomism) Kalapa Wikipedia - The Wise Brain Bulletin brings you skillful means – psychology, neurology, and contemplative practice – personal well-being, relationships, work, spiritual development. Wise Bulletin Brain Skillful Means for personal well ... -

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