



# Power of meditation pdf

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Tidying Up the Mental Household Dharma instructions teach us how to make ourself and others happy, how to control our delusions - especially our self-grasping, the root of all sufferings - and how to begin, make progress on, and complete the path to enlightenment, and are therefore important for everyone Dharma instructions teach us how to make ourself and others happy, how to control our delusions - especially our self-grasping, the root of all sufferings - and how to begin, This is the only way, monks, for the purification of beings, for the overcoming of sorrow and lamentation, for the destruction of pain and grief, for reaching the right path, for the These four are: the functions of “tidying up” and “naming” exercised by bare attention; its non-violent, non-coercive procedure; the capacity of stopping and slowing down; the directness of vision bestowed by bare attention. The Functions of “Tidying” and “Naming”.

 Difficulté **Difficile**

 Durée **764 jour(s)**

 Catégories **Art, Vêtement & Accessoire, Robotique**

 Coût **683 USD (\$)**

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