

Sit Like A Buddha: A Pocket Guide To Meditation
[Unabridged] [Audible Audio Edition] By Lodro Rinzler

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Sitting like the buddha

Sitting Like the Buddha. July 26, 2013 by Abbot George Burke (Swami Nirmalananda Giri) When Gotama Buddha sat beneath the bodhi tree he vowed that until he was

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Sitting buddha images

Buddha image at Wat Pa Lelai, Suphan Buri. The Buddha sits in the so-called European pose. The legs simply hang down (like most of us sit on a chair).

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Sit Like a Buddha: Review and Giveaway Lodro Rinzler writes about this in Sit Like a Buddha, and encourages us to approach our practice with kindness and gentleness.

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Significance . Zazen is considered the heart of Japanese Soto Zen Buddhist practice. The aim of zazen is just sitting, that is, suspending all judgmental thinking and

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