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## Path Enlightenment Heart Advice Great Tibetan

**the dhammapada - buddhism** - 2 preface by acharya buddharakkhita the dhammapada is the best known and most widely esteemed text in the pali tipitaka, the sacred scriptures of theravada buddhism. **the heart sutra - zen** - the heart sutra avalokitesvara bodhisattva, when deeply practicing prajna-paramita, clearly saw that the five skandas are all empty, and was saved from all suffering and distress. **translated by tripitaka master hsuan tsang commentary by ...** - 2 the prajna paramita heart sutra translated from sanskrit into chinese by tripitaka master hsuan tsang commentary by grand master t'an hsu translated into english **tao te ching - divine way of spiritual heart** - the book tao te ching was written by the great chi-nese spiritual adept lao tse about 2500 years ago. in that incarnation, lao tse was a disciple of non-incarnate **the buddhist core values and perspectives for protection ...** - after his enlightenment, the buddha went to the deer park near the holy city of benares and shared his new understanding with five holy men. they understood immediately and became his disciples. **basic chakra meditation techniques** - basic chakra meditation techniques meditation is the process of expanding your awareness. meditation is the process of silencing your thoughts and **the origin of insight meditation - a handful of leaves** - the origin of insight meditation l.s. cousins the buddhist forum, vol. iv, 1994-96 (tadeusz skorupski - editor) **the eight auspicious symbols**  
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