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# Vipassana Universal Buddhist Meditation Technique

**introduction to buddhist aspiration prayers** - 1 introduction to buddhist aspiration prayers adapted from the introduction to the second edition of "a book of common tibetan buddhist prayers" as 'modern' buddhist practitioners, we must be careful to understand the nature and **metta bhavana - loving-kindness meditation - buddhism** - metta bhavana loving-kindness meditation venerable dhammarakkhita venerable dhammarakkhita is an australian buddhist monk of the myanmar th eravada tradition. **becoming the true self - the empty bell** - the empty bell - becoming the true self socrates admonished us to "know thyself." most modern cultures bow in the direction of this sage

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