

The Heart Of Buddhism Being An Anthology Of Buddhist Verse Translated Edited By K J Saunders

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Introductory quote of Gautama Buddha

Number 1, Principle of Impermanence

Number 2, Principle of Non-Attachment

Number 3, Principle of Karma

Number 4, Principle of Mindfulness

Number 5, Principle of Compassion

Number 6, Principle of Equanimity

Conclusion

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Intro

What is reinvention

Core Buddhist principles

Cultivating mindfulness

Practicing selfreflection

Letting go of attachments

Detachment

Compassion

SelfCompassion

Practicing Compassion

Embracing Impermanence

Setting clear intentions and goals

Cultivating positive habits and practices

Facing challenges and overcoming obstacles

Seeking guidance and support

Celebrating progress

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The Path of Practice

The Noble Eightfold Path

The First Step of Wise Understanding

Keystone Species

The Path to Freedom or Happiness

The Cultivation of a Reverence for Life

To Refrain from the Misuse of Intoxicants

Wise Effort

Mindfulness

Wise Concentration

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Master ...

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1. The Foundations of Emotional Mastery in Buddhism
2. Navigating Life with Non-Reactivity
3. The Essence of Mindfulness and Meditation
4. Emotional Intelligence: The Buddhist Path to Understanding Self and Others
5. Letting Go of Attachments for Emotional Freedom
6. Compassion and Understanding: The Heart of Buddhist Practice
7. Living in the Present: The Key to Emotional Well-being
8. The Journey of Self-Discovery in Buddhism
9. The Shared Nature of Happiness: A Buddhist Perspective
10. Embracing Change: The Path to Personal Transformation

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The Purpose of Spiritual Life Does Not Consist of Acquiring Fame or Honor

The Gateway to the Deathless

Enlightenment the Quality of Mindfulness To Be with What Is in Birth and Death

The Quality of Equanim

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Transforming Suffering into Peace, Joy and Liberation by Thich Nhat Hanh Thích Nhất Hạnh ...

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The Ten Perfections

Brotherly or Sisterly Giving
 Kingly or Queenly Giving
 Power of Speech
 Renunciation
 Energy
 Perfection of Wisdom
 Sutra on the Complete and Perfect Enlightenment
 The Truthful Heart
 Five Qualities To Attend to
 Awakening of the Steadiness of the Heart
 Wakefulness
 Compassion
 Ministry of Walking
 The Balance of Heart of Equanimity of Resting in the Crown Chakra
 The Quality of Equanimity
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 How the Unwise States Arise
 Strategy of Greed or Grasping
 Freedom of Being
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 transform how you view life and yourself. Here we trace this ...
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 3. NO SUBJECT & OBJECT
 4. BUDDHA NATURE
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 qualities of conscious awareness
 5. NO VIEWS
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