

# PEACE BEYOND SUFFERING

## ALL AUDIO FILES *quick reference* INDEX

*Note - the first number on the left is the order of this list, the last number on the right [the number in brackets] is the number of the item in the relevant Collection. The info in parenthesis is the (location and year) when the item was recorded.*

### Collection One

#### TEACHINGS / TALKS

- 1 - How to use 'Collection One' (UK 2009) [1]
- 2 - A word about Posture and working with Physical Pain (UK 2009) [2]
- 3 - Generating mindfulness, Body Awareness and Breath Meditation (UK 2009) [3]
- 4 - Working with mental and Emotional Pain / The five Hindrances (UK 2009) [4]
- 5 - Excerpts from Teachings about Breath Meditation (readings) (UK 2009) [10]
- 6 - Developing Loving-Kindness / metta (UK 2009) [11]
- 7 - Contemplating Impermanence (UK 2009) [16]
- 8 - Practicing with Mindfulness in Daily Life - Taking Responsibility (UK 2009) [17]

#### MEDITATIONS

- 9 - Body Sweeping / Body Awareness Meditation (UK 2009) [5]
- 10 - Breath Meditation Primer (combination of methods) (UK 2009) [6]
- 11 - Breath Meditation using counting (UK 2009) [7]
- 12 - Breath Meditation - noting - 'Rising and Falling' (UK 2009) [8]
- 13 - Breath Meditation - noting - 'Bud - Dho' (UK 2009) [9]
- 14 - Heart-Focused Loving-Kindness Meditation (UK 2009) [12]
- 15 - Lotus Visualisation Loving Kindness Meditation (UK 2009) [13]
- 16 - Meeting Lord Buddha and receiving Loving-Kindness blessings Visualisation (UK 2009) [14]
- 17 - Meeting Mahapajapati Bhikkhuni and receiving Loving-Kindness Visualisation (UK 2009) [15]
- 18 - Breath Meditation with 'Pointing Out' Instructions (Melbourne 2011) [18]
- 19 - White Lotus and Golden Light in the heart Metta Meditation (Malaysia 2014) [19]
- 20 - Loving-Kindness filling all of Space Meditation (Malaysia 2014) [20]
- 21 - Metta towards Easy / neutral and Challenging Beings Meditation (Malaysia 2014) [21]