

# PEACE BEYOND SUFFERING

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*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 Three

#### TEACHINGS / TALKS

- 42 - Putting Faith in the Right place and Walking the Talk - You can Do It! (Melb 2011) [1]
- 43 - Going beyond Suffering into Peace (Malaysia 2012) [2]
- 44 - A Complete Training in Mindfulness with refuge, virtue and four divine attitudes (Melb 2011) [3]
- 45 - Contemplating the Buddha's Path Giving Rise to Awe, Gratitude and Energy (Melb 2011) [4]
- 46 - Buddhist Training Enabling inner Confidence and self - Esteem (Malaysia 2014) [5]
- 47 - Metta Meditation Reduces Suffering, Increases Peace, Supports us on the Path (Melb 2011) [6]
- 48 - Ghosts, Devas, Merit, Rebirth etc... Metaphor, Metaphysics... or Matter of Fact? (Melb 2011) [7]
- 49 - Impermanence, Unsatisfactoriness, Not-Self and Emptiness (Melb 2013) [8]
- 50 - 'Knowing Dukkha' and Letting it Go - Commentary on The Buddha's first Liberating Teaching [9]
- 51 - Weariness leading to Great Bliss - Commentary of the Sutta on Not-Self (Malaysia 2015) [10]
- 52 - Meditation upon Death and Impermanence Revealing the Inner Himalayan Sky (Melb 2011) [11]
- 53 - Understanding the Process of Weakening and Uprooting Attachment (Melb 2011) [12]
- 54 - The Three Jewels of Refuge - The most Valuable Treasures (Malaysia 2014) [13]
- 55 - Kamma within Samsara - Kamma leading Beyond Samsara (Melb 2011) [14]
- 56 - The Training in Offering Forgiveness and Determining to be Less Reactive (Melb 2011) [15]
- 57 - Mindful of Death, Appreciating Life, Dying with Confidence (Melb 2011) [16]
- 58 - Five Reflections - helping us to Roll with the Punches of Life (Malaysia 2014) [17]

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