

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 Four

MEDITATIONS

- 60 - Establishing Clear Awareness - Body Sweeping and Breath Awareness (Melb 2011) [1]
- 61 - Gently Pulling Back from thoughts, feelings, emotions - Awareness of Breath (Melb 2013) [2]
- 62 - Bathing the Mind with Clear Awareness - Bathing the Mind with Kindness (Melb 2013) [3]
- 63 - Breath and 'Bud-Dho' with Instructions and Reflections (Melb 2013) [4]
- 64 - Simple Breath Meditation with Wise reflection to assist Staying in the Moment (Melb 2013) [5]
- 65 - Acknowledging Suffering Deeply - Responding with Compassion and Kindness (Melb 2013) [6]
- 66 - Loving-Kindness Reflection and Meditation (Melb 2013) [7]
- 67 - Cool Loving Acceptance - Warm Loving-Kindness (Melb 2013) [8]
- 68 - Forgiveness Practice for Oneself and Others (Melb 2013) [9]
- 69 - Letting Go of Aversion to Self and Others - through Wisdom and Compassion (Melb 2011) [10]
- 70 - Breath Meditation with Contemplation of 'Not-Self' (Malaysia 2014) [11]
- 71 - Accepting Death - Offering Forgiveness in the Face of Death (Melb 2013) [12]
- 72 - Imagining meeting Lord Buddha and receiving his Metta Blessings (Malaysia 2012) [13]
- 73 - Mindful of Death and Impermanence [14]
- 74 - Breath Meditation with Body Contemplation (hair, nails, teeth) (Malaysia 2014) [15]
- 75 - Breath Meditation with Body Contemplation (hair, teeth, backbone) (Malaysia 2014) [16]
- 76 - Metta Meditation and Contemplation of the Body as Elements in Empty Space (Malay 2014) [17]