

# PEACE BEYOND SUFFERING

## ALL AUDIO FILES *quick reference* INDEX

A note regarding numbering - 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.

When you 'click' on any item it will link directly to the page where the audio file is located.

### 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]

## Collection Two

### TEACHINGS / TALKS

- 22 - How to Use Collection Two (Melbourne, Australia 2010) [1]
- 23 - Recollecting Death and Cultivating and Awareness of Impermanence (Melb 2010) [2]
- 24 - Balancing Wisdom with Faith and Joy (Q and A session) (Melb 2010) [3]
- 25 - Excerpts from Suttas regarding Awareness of Death and Impermanence (Melb 2010) [4]
- 26 - Our Real Home - A talk of ven Ajahn Chah (reading) (Melb 2010) [5]
- 27 - Excerpts from teachings by Ven Ajahn Anan (reading) (Melb 2010) [6]

### MEDITATIONS

- 28 - Recollecting the Death of Teachers, friends and Loved Ones meditation (Melb 2010) [8]
- 29 - Contemplating the Ever-present possibility of Death for Oneself meditation (Melb 2010) [9]
- 30 - Dying Peacefully from Old Age as a layperson - Visualisation (Melb 2010) [10]
- 31 - Dying Peacefully from old Age as a monk or nun - Visualisation (Melb 2010) [11]
- 32 - Dying at Home from Cancer as a layperson - Visualisation (Melb 2010) [12]
- 33 - Dying from Cancer in the Monastery as a monk or nun - Visualisation (Melb 2010) [13]
- 34 - Dying from Fever in the Jungle as a monk - Visualisation (Melb 2010) [14]
- 35 - Dying in the Bathroom as a lay person - Visualisation (Melb 2010) [15]
- 36 - Dying on the Footpath as layperson - Visualisation (Melb 2010) [16]
- 37 - Dying in a Plane as a monk or nun - Visualistaion (Melb 2010) [17]
- 38 - Dying on Pilgrimage in India as a monk or nun - Visualisation(Melb 2010) [18]
- 39 - Dying in the Jungle from Snakebite - as a monk - Visualisation (Melb 2010) [19]
- 40 - Charnal Ground Contemplation - Returning to the Elements - Visualisation (Melb 2010) [20]
- 41 - Consistently mindful of Death in This Life meditation (Melb 2011) [21]

## 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]
- 59 - Practical Pointers - Training Body, Speech and Mind/Meditation (Melb 2011) [18]

## 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]

## Collection Five

### TEACHINGS / TALKS

- 77 - The Compassionate Buddha's Insights - Our Path (Melb 2013) [1]
- 78 - Recollecting your True Potential with Great Optimism (Melb 2013) [2]
- 79 - Open your Heart to the Ever-Present Power of the Buddhas (Melb 2013) [3]
- 80 - Encouraging short Reading of Ajahn Chah (Malaysia 2014) [4]
- 81 - Towards Peerless Wisdom and Great Compassion (Melb 2013) [5]
- 82 - Auspicious signs and good Kamma leads us along the Path (Melb 2011) [6]
- 83 - Persevering in the face of Obstruction and a Reading of Ajahn Chah (Malay 2014) [7]
- 84 - Spiritual Evolution - Spiritual Revolution (Melb 2011) [8]
- 85 - What to Hold Onto, what to 'Let Go Of' in Meditation (Malaysia 2015) [9]
- 86 - Mindfully 'Knowing' Suffering in order to Let it Go, without Feeling Sorry for Ourselves (Malaysia 2015) [10]

- 87 - Slapping Delusion in the Face - Waking up to Deeper Peace (Malaysia 2015) [11]
- 88 - Ajahn Chah Reading - 'Listening to Dhamma' (Malaysia 2015) [12]
- 89 - Practice leads to having the Patience like a Saint (Malaysia 2015) [13]
- 90 - Reading of Ajahn Anan 'Seeking Bud-Dho' part 1 (Malaysia 2014) [14]
- 91 - Contemplating the Not-Self nature of body with attitude of Metta (Malay 2014) [15]
- 92 - Talk and Body Contemplation (hair, nails, teeth) (Malaysia 2014) [16]
- 93 - Skilful Concentration / Skilful Investigation - leading to Liberation (Malaysia 2014) [17]
- 94 - Buddha's, Bodhisattvas, Arahants... To Be... or Not To Be? (Malaysia 2015)
- 95 - The Origin of Creation and the Cessation of Suffering (Malaysia 2014)
- 77 - The Compassionate Buddha's Insights - Our Path (Melb 2013) [1]

## Collection Six

### TEACHINGS / TALKS

- 96 - Going for Refuge with Deeper Understanding (Melbourne 2016) [1]
- 97 - Taking the Precepts with deeper Understanding (Melb 2016) [2]
- 98 - Breath Meditation for Peace and Insight (Melb 2016) [3]
- 99 - The Importance of a Daily Meditation Practice (Melb 2016) [4]
- 100 - Experiencing and then Applying the Five Spiritual Powers (Melb 2016) [5]
- 101 - Pulling the Rug from Under the Self-View (Melb 2016) [6]
- 102 - Empty of Self - Full of Peace (Melb 2016) [7]
- 103 - Buddhas Enlightening Instructions on Breath Meditation (Malaysia 2016) [8]
- 104 - Reading/Commentary on the Anattalakhana/Khemaka suttas (Malaysia 2016) [9]
- 105 - Wise Perspectives for deepening Practice (Malaysia 2016) [10]
- 106 - Discovering and practicing the Middle Way [11]

## Collection Seven

### INTERESTING MISCELLANEOUS TALKS

- 107 - Perform the Greatest miracle within [1]
- 108 - Where Did You First Encounter Buddhism (Melbourne Retreat, April/May 2016) [2]
- 109 - Why some Celestial beings envy humans [3]
- 110 - Harmonising outer activities and inner qualities - leading to Liberation [4]
- 111 - Belief in Rebirth is Skilful and Motivating [5]
- 112 - Practicing with a Broken Heart [6]

- 113 - Uplifting and 'Interesting' true stories of a Buddhist Monk [7]
- 114 - What is a Buddha, Arahant, Bodhisatta, Liberation, Enlightenment [8]
- 115 - Mindfulness of Breathing and Metta Meditation with encouragement (Bodhgaya, Bihar 2016) [9]
- 116 - Gratitude and Appreciation for the Three Jewels of Refuge (November 2015) [10]

## Collection Eight

### TALKS ON PILGRIMAGE IN INDIA

- 117 - Pilgrimage Journal reading - part 1 (Melbourne 2016) [1]
- 118 - Pilgrimage Journal reading - part 2 (Melb 2016) [2]
- 119 - The Bodhisattas Final Birth (Lumbini/Nepal 2015) [3]
- 120 - Inspiring Renunciation - Awesome Determination (Bodhgaya/India 2015) [4]
- 121 - The Enlightenment (B'gaya/India 2015) [5]
- 122 - Acknowledging Mistakes and Asking Forgiveness as an act of Kindness (B'gaya 2015) [6]
- 123 - Synergistic Explosion of Enlightenment (B'gaya 2015) [7]
- 124 - Around Rajgir, King Bimbisara and Sariputta the Great Disciple (Rajgir/India 2015) [8]
- 125 - The Buddha's First Liberating Teaching (Sarnath/India 2015) [9]
- 126 - The Protective Power of Truth (Vaisali/India 2015) [10]
- 127 - The Buddha's Wisdom, Compassion and Power (Savathi/India 2015) [11]
- 128 - Monuments to The Dhamma - King Pasenadhi (Savathi) [12]
- 129 - Stages of Enlightenment - and final Nibbana [13]
- 130 - Mahaparinibbana pt 1 [14]
- 131 - Mahaparinibbana pt 2 (Kusinara) [15]

## Collection Nine

### CULTIVATING GENUINE, DEEP AND VAST COMPASSION

- 132 - Cultivating Deep Compassion - Talk pt 1 [1]
- 133 - Cultivating Deep Compassion - Meditation #1 (foundation) [2]
- 134 - Receiving Kwan Yin Bodhisattva's Blessings [3]
- 135 - Devanussati Meditation (August 2016) [4]
- 136 - Holding The Entire World With Loving-kindness (August 2016) [5]