

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 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]

Edition 09 June 2020

peacebeyondsuffering.org