

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 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]

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