

PEACE BEYOND SUFFERING

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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.

Questions & Answers

QUESTIONS ASKED BY STUDENTS

- 150 - What is Mindfulness? [1]
- 151 - Is breath meditation samatha or vipassana? [2]
- 152 - How can I relax and stop controlling the breath? [3]
- 153 - When pain disturbs the peacefulness should I change posture or investigate? [4]
- 154 - How to go deeper when the breath seems to disappear and I feel anxious? [5]
- 155 - When I see lights is my mind playing tricks? [6]
- 156 - Why is my body trembling in the meditation? [7]
- 157 - Do I have Jhana?... should I try to 'get' Jhana? [8]
- 158 - I felt deeply serene and peaceful but there was no joy? [9]
- 159 - What does it mean 'Being without Being'? [10]
- 160 - Sex organ most prominent in body contemplations - HELP! [11]
- 161 - Is the practice supposed to be stressful? [12]
- 162 - How can I reduce materialistic desire? [13]
- 163 - How do I increase my faith in the Buddha and in things like other realms? [14]
- 164 - How can I die a skilful death? [15]
- 165 - Is seeing your own mother as 'empty' sad? [16]
- 166 - Is eating meat bad kamma? [17]
- 167 - Why do people cheat on each other? ... and... Why it would be better if they did not? [18]
- 168 - Is it true that performers will go to hell? Do I have to give up music? [19]
- 169 - If there is No Self, what is it that gets reborn? [20]