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AN 5.161: Aghatapatavinaya Sutta — How to Remove Grudges Five simple practices to help overcome malicious habits of thought. AN 5.57: Upajjhathana Sutta — Five Contemplations for Everyone The Buddha's instructions on five facts that everyone — man, woman, monk, or nun — should frequently reflect upon. Text is copyright © 1999 Buddhist Publication Society, MN 21: Kakacupama Sutta — The Simile of the Saw (excerpt) How to cultivate a heart of metta (loving-kindness), no matter how others may try to provoke you. SN 43.1-44: Various Suttas — The Thirty-three Synonyms for Nibbana Taken together, this series of parallel suttas offers one of the most evocative descriptions of Nibbana to be found in the entire Canon. Text is copyright © 1995 Bhikkhu Bodhi. SN 12.40: Cetana Sutta (3) — Volition The Buddha traces the cause of all our suffering; the mental quality of intention. In his characteristically brilliant teaching style, the Buddha uses a metaphor that quickly penetrates to the heart of the audience — in this case, the metaphor of fire. Ireland or »Thanissaro Bhikkhu. Gunaratana (08'48" 3.0 MB) Recorded in October 2005 at the Bhavana Society, High View, West Virginia, USA. From »In the Buddha's Words: An Anthology of Discourses from the Pali Canon. Bhikkhu Bodhi, trans. Text is copyright © 2005 »Buddhist Publication Society. Upon hearing this sermon, the entire audience attains full Awakening (arahatta). From Numerical Discourses of the Buddha: An Anthology of Suttas from the Anguttara Nikaya, translated and edited by Nyanaponika Thera and Bhikkhu Bodhi (Kandy: »Buddhist Publication Society, 1999). Listen to this sutta read by Sharon Salzberg (02'16" 0.8 MB) Recorded by jtb on 18 Feb 2006 in Barre, Massachusetts, USA. Ireland. Listen to this sutta read by Ajahn Candasiiri (03'18" 1.1 MB) Recorded by jtb on 17 May 2006 in Lexington, Massachusetts, USA. From »The Connected Discourses of the Buddha: A Translation of the Samyutta Nikaya, Bhikkhu Bodhi, trans. Text is copyright © 1990 Bhavana Society. Read a translation of this sutta by »Bhikkhu Bodhi or »Thanissaro Bhikkhu. SN 12.65: Nagara Sutta — The Ancient City The Buddha retells the story of how, on the eve of his Awakening, he re-discovered the long-forgotten laws of dependent co-arising and the Four Noble Truths. Ananda, pointing out that having "admirable" friends, companions, and comrades is not half but the whole of the spiritual life. Dhp 1-20: Yamaka Vagga — Pairs/Dichotomies The first chapter of verses from the Dhammapadam, a classic collection of concise teachings from the Buddha. SN 56.31: Simsapa Sutta — The Simsapa Grove/A Handful of Leaves The Buddha compares the knowledge he gained in his Awakening to all the leaves in the forest, and his teachings to a mere handful of leaves. Listen to this sutta read by Joseph Goldstein (03'05" 1.1 MB) Recorded by jtb on 18 Feb 2006 at the Forest Refuge, Barre, Massachusetts, USA. Text is copyright © 2000 Bhikkhu Bodhi. From Bhavana Vandana: Book of Devotion (High View, WV: »Bhavana Society, 1990). Read a translation of this sutta by »Nanamoli Thera, »Piyaasssi Thera, or »Thanissaro Bhikkhu. Gunaratana (08'37" 2.9 MB) Recorded in October 2005 at the Bhavana Society, High View, West Virginia, USA. Listen to this sutta read by Bhante H. In this discourse the Buddha urges his followers not to settle for anything less than the highest goal: "unshakable liberation of mind" — Nibbana. Listen to this sutta read by Leigh Brasington (05'44" 2.0 MB) Recorded by jtb on 30 April 2006 in Barre, Massachusetts. Passages include Iti 26; AN 8.33; AN 4.57; AN 5.148; Iti 107; and AN 8.35. From the Majjhima Nikaya: MN 20: Vitakkasanathana Sutta — The Removal of Distracting Thoughts Five practical methods of responding wisely to unskillful thoughts (thoughts connected with desire, aversion, or delusion). Courtesy of, and with permission from, Wisdom Publications, 199 Elm Street, Somerville, MA 02144 USA. »www.wisdompubs.org. Listen to this sutta read by Sarah Doering (11'18" 3.8 MB) Recorded by jtb on 16 Jan 2006 in Cambridge, Massachusetts, USA. SN 22.59: Anattalakkhana Sutta — The Discourse on the Not-self Characteristic The Buddha's second discourse, in which he discusses the principle of anatta (not-self) with the group of five ascetics. Listen to this sutta read by Kamala Masters (06'35" 2.2 MB) Recorded by jtb on 11 Dec 2005 at Gaston Pond, Barre, Massachusetts, USA. Listen to this sutta read by Kamala Masters (02'20" 0.8 MB) Recorded by jtb on 11 Dec 2005 at Gaston Pond, Barre, Massachusetts, USA. SN 12.23: Upanisa Sutta — Transcendental Dependent Origination The Buddha explains how seeing deeply into dependent co-arising leads to Awakening. Read a translation of this sutta by »Nanamoli Thera or »Thanissaro Bhikkhu. The Buddha's answer may surprise you. Courtesy of, and with permission from, Buddhist Publication Society, P.O. Box 61, No. 54 Sangharaja Mawatha, Kandy, Sri Lanka. »www.bps.lk. SN 35.28: Adittapariyaya Sutta — The Fire Sermon Several months after his Awakening, the Buddha delivers this sermon to an audience of 1,000 fire-worshipping ascetics. SN 45.2: Upadha Sutta — Good Friendship In this famous sutta the Buddha corrects Ven. From The Udana and the Itivuttaka: Two Classics from the Pali Canon (Kandy: »Buddhist Publication Society, 1997). Text is copyright © 2005 Bhikkhu Bodhi. Read a translation of this sutta by »Thanissaro Bhikkhu. The sutta contains the essential teachings of the Four Noble Truths and the Noble Eightfold Path. From various sources: Various Suttas: On Giving Six short suttas on the theme of giving. Read a translation of these verses by »Acharya Buddhharakkhita or »Thanissaro Bhikkhu. Translated from the Pali by Nyanaponika Thera and Bhikkhu Bodhi. Translated from the Pali by John D. Hint: if you offer some food to a guest, but the guest declines the offer, to whom does the food belong? Click on to listen to a reading. MN 29: Mahasarakama Sutta — The Heartwood of the Spiritual Life The Buddhist path naturally brings about the development of many wholesome qualities of heart. This discourse is a beautiful example of the Buddha's skill as teacher: not only does he talk about right speech, but he also demonstrates right speech in action. (For more about this special kind of friendship, see »Kalyanamittata.) Listen to this sutta read by Joseph Goldstein (02'25" 0.8 MB) Recorded by jtb on 18 Feb 2006 at the Forest Refuge, Barre, Massachusetts, USA. Read a translation of this sutta by »Soma Thera or »Thanissaro Bhikkhu. Some require wealth, but the best is free of charge Listen to this sutta read by Kamala Masters (03'36" 1.2 MB) Recorded by jtb on 11 Dec 2005 at Gaston Pond, Barre, Massachusetts, USA. Listen to this sutta read by Steve Armstrong (11'01" 3.7 MB) Recorded by jtb on 11 December 2005 at Gaston Pond, Barre, Massachusetts, USA. SN 22.86: Anuradha Sutta — Anuradha Ven. Listen to this sutta read by Leigh Brasington (03'47" 1.3 MB) Recorded by jtb on 30 April 2006 in Barre, Massachusetts. Listen to this sutta read by Guy Armstrong (06'57" 2.3 MB) Recorded by jtb on 11 December 2005 at Gaston Pond, Barre, Massachusetts, USA. Listen to this sutta read by Kamala Masters (01'16" 0.4 MB) Recorded by jtb on 11 Dec 2005 at Gaston Pond, Barre, Massachusetts, USA. SN 22.95: Phena Sutta — A Lump of Foam The Buddha invokes a series of vivid similes to illustrate the voidness of the five aggregates. Iti 27: The Development of Loving-kindness How the practice of loving-kindness excels all other paths to a happy rebirth. Listen to this sutta read by Sharon Salzberg (01'44" 0.6 MB) Recorded by jtb on 18 Feb 2006 Barre, Massachusetts, USA. Read a translation of this sutta by »Nyanasatta Thera or »Soma Thera or »Thanissaro Bhikkhu. Listen to this sutta read by Guy Armstrong (10'06" 3.4 MB) Recorded by jtb on 11 December 2005 at Gaston Pond, Barre, Massachusetts, USA. Text is copyright © 2000 Wisdom Publications. Gunaratana. Listen to this sutta read by Leigh Brasington (08'16" 2.8 MB) Recorded by jtb on 30 April 2006 in Barre, Massachusetts. (Somerville: »Wisdom Publications, 2005). Right-click (Windows) or control-click (Macintosh) to download to your hard disk. Listen to this sutta read by Sarah Doering (08'39" 2.9 MB) Recorded by jtb on 21 Oct 2005 at the Forest Refuge, Barre, Massachusetts, USA. Listen to this sutta read by Sarah Doering (02'36" 0.9 MB) Recorded by jtb on 21 Oct 2005 The Forest Refuge, Barre, Massachusetts, USA. SN 12.15: Kaccayanagotta Sutta — To Kaccayanagotta The Buddha explains how dependent co-arising functions in the development of right view. Listen to this sutta read by Joseph Goldstein (5'24" 1.8 MB) Recorded by jtb on 18 Feb 2006 at the Forest Refuge, Barre, Massachusetts, USA. MN 62: Maharahulovada Sutta — The Greater Discourse to Rahula The Buddha delivers meditation instructions to his son, the novice Rahula. Listen to this sutta read by Steve Armstrong (16'11" 5.5 MB) Recorded by jtb on 11 December 2005 at Gaston Pond, Barre, Massachusetts, USA. MN 143: Anathapindikovada Sutta — Advice to Anathapindika Ven. Read a closely related sutta (SN 12.38), translated by »Thanissaro Bhikkhu. Sariputta offers a deep teaching on non-clinging to the ailing lay-follower Anathapindika. From the Samyutta Nikaya: SN 7.2: Akkosa Sutta — Abuse What is your best response when someone is angry with you? SN 56.11: Dhammacakkappavattana Sutta — Setting in Motion the Wheel of Dhamma This is the Buddha's first discourse, delivered shortly after his Awakening to the group of five monks with whom he had practiced the austerities in the forest for many years. Listen to this sutta read by Ayya Medhanandi (05'05" 1.7 MB) Recorded by the reader in July 2005 in Paekakariki, New Zealand. Iti 84: For the Welfare of Many The three kinds of people who are capable of bringing true happiness into the world. The causal chain here includes an additional set of factors not present in the "standard" chain of dependent co-arising. Listen to this sutta read by Joseph Goldstein (4'54" 1.7 MB) Recorded by jtb on 18 Feb 2006 at the Forest Refuge, Barre, Massachusetts, USA. Anuradha learns that if you can't even locate the Tathagata in space when he's sitting right in front of you, how can you ever hope to answer questions about his fate after death? From » The Middle Length Discourses of the Buddha: A Translation of the Majjhima Nikaya, Bhikkhu Nanamoli and Bhikkhu Bodhi, trans. Read a translation of this sutta by »Acharya Buddhharakkhita or »Thanissaro Bhikkhu, and ed. MN 99: Subha Sutta — To Subha (excerpt) The Buddha instructs a brahman youth on how to reach the company of Brahma through the practice of developing metta (loving-kindness). (Somerville: »Wisdom Publications, 1995). Translated from the Pali by Bhikkhu Bodhi. Listen to this sutta read by Sharon Salzberg (01'07" 0.4 MB) Recorded by jtb on 18 Feb 2006 in Barre, Massachusetts, USA. Courtesy of, and with permission from, Bhavana Society, Rt. 1, Box 218-3, Back Creek Road, High View, WV 26808 USA. »www.bhavanasociety.org. Listen to this sutta read by Sally Clough (27'47" 9.4 MB) Recorded by jtb on 11 December 2005 at Gaston Pond, Barre, Massachusetts, USA. MN 10: Satipatthana Sutta — The Four Establishments of Mindfulness The Buddha's comprehensive practical instructions on the development of mindfulness as the basis for insight. Translated from the Pali by Bhante H. MN 58: Abhayarajakumara Sutta — To Prince Abhaya The Buddha explains the criteria for determining whether or not something is worth saying. SN 47.19: Sedaka Sutta — At Sedaka (The Acrobat) Which is correct: by protecting oneself, one protects others; or by protecting others, one protects oneself? Listen to this sutta read by Ajahn Sucitto (02'38" 0.9 MB) Recorded by jtb on 4 July 2006 in Concord, Massachusetts. Listen to this sutta read by Sharon Salzberg (01'22" 0.4 MB) Recorded by jtb on 18 Feb 2006 in Barre, Massachusetts, USA. From the Anguttara Nikaya: AN 4.62: Anana Sutta — Debtlessness/Four Kinds of Happiness The Buddha explains to the wealthy lay-follower Anathapindika about four kinds of happiness that a householder may enjoy. By means of a question-and-answer dialogue with his audience, the Buddha demonstrates that there can be no abiding self in any of the five aggregates that we tend to identify as "self." As a result of this discourse, all five monks attain full Awakening (arahatta). Upon hearing this discourse, the monk Kondañña attains the first stage of Awakening, thus giving birth to the arya sangha (Noble Sangha). Read a translation of this sutta by »John D. From the Khuddaka Nikaya: Ud 1.10: Bahiya Sutta — Bahiya The ascetic Bahiya receives a brief teaching from the Buddha about dispassion towards the senses ("In the seen will be merely what is seen...") and immediately becomes an arahant. He then explains why he didn't reveal the remainder. Listen to this sutta read by Sharon Salzberg (01'51" 0.6 MB) Recorded by jtb on 18 Feb 2006 in Barre, Massachusetts, USA. Read a translation of this sutta by »Andrew Olendzki or »Thanissaro Bhikkhu. (Somerville: »Wisdom Publications, 2000). SN 22.101: Nava Sutta — The Adze Handle/The Boat You can wish for Awakening all you want; but the only way to bring it about is by making the necessary effort. Translated from the Pali by Bhikkhu Nanamoli and Bhikkhu Bodhi.

Etymology. The ideas of spiritual liberation, with the concept of soul and Brahman, appears in Vedic texts and Upanishads, such as in verse 4.4.6 of the Brihadaranyaka Upanishad. The term nirvana in the soteriological sense of "blown out, extinguished" state of liberation does not appear in the Vedas nor in the Upanishads; according to Collins, "the Buddhists seem to have been the ... Buddhism is an Indian religion founded on the teachings of Gautama Buddha, a Sramana also called Shakyamuni (sage of the Shakya's), or "the Buddha" ("the Awakened One"), who lived c. 5th to 4th century BCE. Early texts have the Buddha's family name as "Gautama" (Pali: Gotama). The details of Buddha's life are mentioned in many Early Buddhist Texts but are inconsistent. His ...

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