

Realizing Change: Vipassana Meditation in Action / 243 pages / Pariyatti Publishing, 2003 / 2003 / 9781928706212 / Ian Hetherington

Save for Later Save Realizing Change: Vipassana Meditation in Action For Later. Create a List. Download to App. Description. Featuring accounts by practitioners living everyday lives, this introduction to Vipassana meditation provides a way for listeners to learn more about its benefits. Explained is what takes place before, during, and after a 10-day silent meditation retreat. Each participant follows the same discipline: silence, a basic moral code known as the five precepts, a prescribed timetable, a vegetarian diet, and a commitment to practicing only what is taught at the retreat. The Yorkshire Shepherdess Series 3 Books Collection Set by Amanda Owen PB. 4.0 out of 5 stars based on 1 product rating(1). £21.98 New. Ian Fleming Vintage Paperback Paperback Books. Paperback Ian Fleming Books. 5. Realizing Change: Vipassana Meditation in Action by Ian Hetherington. If you are curious about what it is like to take part in a silent retreat, then this book is for you. Hetherington's book offers you a first-hand account of the practice. 1. The Book of Joy: Lasting Happiness in a Changing World by His Holiness the Dalai Lama, Archbishop Desmond Tutu, and Douglas Abrams. What is the nature of true joy? What are the obstacles to attaining it? in Action - HolyBooks.com Realizing Change: Vipassana Meditation in Action la Realizing Change: Vipassana Meditation in Action. 253 Pages 2010 4.02 MB 16 Downloads New! a Vipassana center near Bangkok. I registered my Realizing Change: Vipassana Meditati Fundamentals of Vipassana Meditation. 238 Pages 1991 1.18 MB 1,195 Downloads Indonesian New! Fundamentals of Vipassana Meditation Mahasi Sayadaw|Maung Tha Noe|Sayadaw U Silananda Fun With A Pencil by Andrew Loomis - Alex Hays. 122 Pages 2002 11.03 MB 95,385 Downloads. PDF Drive investigated dozens of problems and listed the biggest global issues facing the world today. Let's Change The World Together. Pdfdrive:hope Give books away. Get books you want. Featuring accounts by practitioners living everyday lives, this introduction to Vipassana meditation provides a way for readers to learn more about its benefits. Explained is what takes place before, during, and after a ten-day silent meditation retreat. Theo nguá": <https://phapbao.net/kho-sach/>. Addeddate. 2020-07-08 02:53:36. Identifier. realizing-change. Identifier-ark. ark:/13960/t2b946397.