

Buddhist Meditation In Theory And Practice

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And—oh yes—certain religions (Hinduism, Buddhism, and a few others) use it as part of worship. And that's all there is to it! What's been hidden is meditation's role ... of "contemplation" and "theory ...

Mind in the Balance: Meditation in Science, Buddhism, and Christianity

Throughout history, meditation has played a large role in many spiritual and religious practices. Many mediation techniques commonly practiced today originate from ancient Buddhist meditation ...

Meditation Spirituality and Religion

Paragraph 12 deals "with the present diffusion of Eastern methods of meditation in the Christian ... which is proper to Buddhist theory, on the same level as the majesty of God revealed in ...

Be Mindful of the Dangers of Mindfulness

The brilliant physicist Neils Bohr, in describing the paradoxes of quantum theory, coined the useful ... dozens of personal benefits that flow from meditation, experienced mediators may find, as I ...

Mediation And Meditation: The Deeper Middle Way

In recent years, the internet has been alight with speculation that a chart-like carving in Anuradhapura is a stargate: an ancient gateway through which humans can enter the Universe.

The unsolved mystery of Sri Lanka's 'Stargate'

Besides seeking economic cooperation (trade, investment and inviting Sri Lanka to join CPEC), he had under-scored the importance of religio-recreational tourism between the two South Asian nations. As ...

Promoting soft power through cultural tourism

Kevin didn't see a future with them, so he left and started to focus on Buddhist meditation. He spent a year going to meditation retreats, trying to find that transcendent bliss he always dreamed ...

Kevin Griffin

The word karma is rooted Hinduism, but its understanding is derived from Buddhism (a branch of Hindu theology). Often, we get stuck on translating karma into event-based theory—doing good deeds and ...

What Is Karma, Really?

The central actors in this book are some reclusive forest-dwelling ascetic meditation masters who have been acclaimed as 'saints' in contemporary Thailand. These saints originally pursued their ...

The Buddhist Saints of the Forest and the Cult of Amulets

An excerpt from "Secrets of Happiness," by Joan Silber ...

'Secrets of Happiness,' by Joan Silber: An Excerpt

The Buddhist method of choice to develop right concentration is the practice of meditation ... and religious beliefs of Taoism/energy theory, Buddhism, and Confucianism. Chinese people view ...

Concepts Within the Chinese Culture That Influence the Cancer Pain Experience

It is also a notable event for Buddhism in Sri Lanka and for the country itself ... The Chief Guest was Most Venerable Uda-Eriyagama Dhammajiva Thera, Chief Meditation Master of Meetirigala Forest ...

'Servants of the Buddha' celebrates its Centenary

But Zen Buddhists celebrate April 8 as the Buddha's Birthday, and this year, the Zen Group of Chattanooga will bring together three Buddhist traditions to offer a day of meditation, dharma talks ...

Three Traditions Come Together To Celebrate Buddha's Birthday

XIAMEN, China (Reuters) - Chinese furniture maker Hong Jinshi first created a couple of pint-sized statues of former U.S. President Donald Trump meditating in a Buddhist pose as a fun project for ...

Be at peace, meditate, Trump Buddha statue designer tells former president

YANGON (Bloomberg): Buddhist monasteries are usually known as places of solace and meditation ... repeating its theory that now now-detained civilian leader Aung San Suu Kyi's party stole ...

Brawling Myanmar monks reveal Buddhist nationalists backing coup

In fact, 'soft power' as a concept is derived from neo-liberal theory ... in Buddhist ethics, philosophy and dogma are increasing in Western universities. For instance, meditation and ...

Promoting soft power through cultural tourism

Locally known as Rajarata (Land of Kings), the Unesco World Heritage Site was the first established kingdom on the island (in 377 BC) and is at the heart of Sri Lanka's Buddhist culture.

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