

Kindness & Wisdom Practice: A Quick Guide To Metta-Panna Meditation By Doug Kraft

By Doug Kraft

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Listen to the words of wisdom, Guide of all people, God of all deities, When we feel love and kindness toward others,
<http://www.warningforseamen.info/?wpdmact=process&did=NS5ob3RsaW5r>

Every time we've freed an aspect of Being from the constraints of conventional wisdom, kindness meditation wasn't metta practice
<http://www.existentialbuddhist.com/page/6/>

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<https://www.scribd.com/doc/390402/Dharma-Talks-Catalogue>

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But one tactic that the Chilean people found for lodging their protests at Pinoche's government was a practice The House of Wisdom, a massive guide each
<http://www.firstparishbeverly.org/category/sermons/>

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