

# The Heart Of The Buddhas Teaching Publisher Three Rivers Press

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## The Heart Of The Buddhas

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heart When I did practice lovingkindness meditations, my mind was so critical and resistant, it seemed to make my mind louder and my heart harder, not softer But I continued to practice it anyway Again, I had seen that mindfulness worked, so it gave me some confidence to try the rest of the Buddha's ...

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those who do not yet know the Buddha's teaching well enough to accept it as a reliable guide, may hesitate to take up, without good reasons, a practice that just on \* See Nyanaponika Thera, The Heart ...

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