



No	Title with Mp3 (Audio) link	YouTube (Video) Link
0000	7 Factors of Enlightenment - 28 February 2019	<a href="https://youtu.be/mJQdrzhThPc">https://youtu.be/mJQdrzhThPc</a>
0001	Self retreat to develop relaxed inner peace and inner awareness	<a href="https://youtu.be/T90IhddN02U">https://youtu.be/T90IhddN02U</a>
0002	How to check one's progress via the trained mind and untrained mind	<a href="https://youtu.be/8PygBvf-3IM">https://youtu.be/8PygBvf-3IM</a>
0003	How to train your mind so that it listen to you	<a href="https://youtu.be/OA8ANeNXcVg">https://youtu.be/OA8ANeNXcVg</a>
0004	Avijja Sutta - the Ignorant and Enlightenment Sequences	<a href="https://youtu.be/EbyRR_TLnD4">https://youtu.be/EbyRR_TLnD4</a>
0005	Cessation of Form and Mind	<a href="https://youtu.be/Q0nb2lq2vr4">https://youtu.be/Q0nb2lq2vr4</a>
0006	How to Break the Momentum of your Heedless Habitual Thinking and Stabalise your Daily Mindfulness	<a href="https://youtu.be/XWKxU-mHd68">https://youtu.be/XWKxU-mHd68</a>
0007	How to insight into phenomena to awaken	<a href="https://youtu.be/eJbmJiQWnVw">https://youtu.be/eJbmJiQWnVw</a>
0008	Understanding Paticcasamuppada, Anicca, Dukkha and Anatta	<a href="https://youtu.be/4fENNzg8B08">https://youtu.be/4fENNzg8B08</a>
0009	Understanding the limitation of Thought/Knowledge based Meditation versus Awareness based Meditation	<a href="https://youtu.be/JQo-YuIA5Fo">https://youtu.be/JQo-YuIA5Fo</a>
0010	First Noble Truth 8 Realities	<a href="https://youtu.be/oc6Ejxd0Stw">https://youtu.be/oc6Ejxd0Stw</a>
0011	The Right Way to Inquire into Dhamma Cultivation	<a href="https://youtu.be/F9Vx1wGumz8">https://youtu.be/F9Vx1wGumz8</a>
0012	How to resolve Life Situations through Dhamma Application	<a href="https://youtu.be/3sZpdn9sfuk">https://youtu.be/3sZpdn9sfuk</a>
0013	5 Ways To Overcome Unwholesome Thoughts	<a href="https://youtu.be/jlTN_QoBnTs">https://youtu.be/jlTN_QoBnTs</a>
0014	What is Direct Seeing?	<a href="https://youtu.be/RgcNAtZ3zrA">https://youtu.be/RgcNAtZ3zrA</a>
0015	Understanding Sila, Citta & Ditthi vissuddhi (3 types of Purification)	<a href="https://youtu.be/PtxsxKSUgYg">https://youtu.be/PtxsxKSUgYg</a>
0016	3 Types of Wisdom Lights : The Secret of Living a Peaceful and Happy Life	<a href="https://youtu.be/fyngy5ixp-A">https://youtu.be/fyngy5ixp-A</a>
0017	3 Conditions to sustain Life	<a href="https://youtu.be/ljrHS5_Qvts">https://youtu.be/ljrHS5_Qvts</a>
0018	Understanding the Secret of Living Life in Present Moment Awareness	<a href="https://youtu.be/X2douBt9oig">https://youtu.be/X2douBt9oig</a>
0019	What is a phenomenon? Understanding: Mind is the Forerunner of All Things	<a href="https://youtu.be/UtWhxEgm8dw">https://youtu.be/UtWhxEgm8dw</a>
0020	Why is Thought Limited and Egoic?	<a href="https://youtu.be/mA9uXUvcPMk">https://youtu.be/mA9uXUvcPMk</a>
0021	Important Inquiries for developing the Meditative Wisdom	<a href="https://youtu.be/U8snCfXlJGQ">https://youtu.be/U8snCfXlJGQ</a>
0022	Understanding Awareness based Meditation vs Conditioned Thinking and the Unconscious State of Sleep	<a href="https://youtu.be/De0DgIbVuc">https://youtu.be/De0DgIbVuc</a>
0023	5 Daily Contemplation	<a href="https://youtu.be/W27-zw50-Xg">https://youtu.be/W27-zw50-Xg</a>
0024	Danger of Thought based meditation. Don't look for Dhamma during Meditation. Meditate w silent mind	<a href="https://youtu.be/XqzE5Duqtv8">https://youtu.be/XqzE5Duqtv8</a>
0025	Avijja sutta's 10 steps sequence to Enlightenment	<a href="https://youtu.be/kYRvQube3AI">https://youtu.be/kYRvQube3AI</a>
0026	Cultivate 5 Spiritual Faculties to cease the opposite 5 Mental Hindrances	<a href="https://youtu.be/zswl bv_8_Eo">https://youtu.be/zswl bv_8_Eo</a>
0027	Essential Dhamma 10 Perfections and Buddha's Advice	<a href="https://youtu.be/4Yxo48Udu9A">https://youtu.be/4Yxo48Udu9A</a>
0028	Final summary of First Noble Truth	<a href="https://youtu.be/93N50d6v184">https://youtu.be/93N50d6v184</a>
0029	7 Factors of Enlightenment- Satta Bojjhanga	<a href="https://youtu.be/pFXiohiKEko">https://youtu.be/pFXiohiKEko</a>
0030	Seeing beyond Form and understanding Nibbana	<a href="https://youtu.be/KaUH_0tRkG4">https://youtu.be/KaUH_0tRkG4</a>
0031	Danger of the 3 Evil Roots of Greed, Hatred, and Delusion	<a href="https://youtu.be/Tk1Z60kxCK4">https://youtu.be/Tk1Z60kxCK4</a>
0032	Understanding the 3 Universal Characteristics of Nature	<a href="https://youtu.be/ADwa91B0Dmk">https://youtu.be/ADwa91B0Dmk</a>
0033	Panca Niyama (5 Universal orders of Nature)	<a href="https://youtu.be/y3XW2K96auU">https://youtu.be/y3XW2K96auU</a>
0034	Understanding Thought. (The Controller is the Controlled)	<a href="https://youtu.be/c-teCbflSTE">https://youtu.be/c-teCbflSTE</a>
0035	Understanding the True Purpose & Intent of Meditation	<a href="https://youtu.be/aPtV0q7ANIQ">https://youtu.be/aPtV0q7ANIQ</a>
0036	MEDITATE with UNDERSTANDING following the analogy of swimming	<a href="https://youtu.be/l-ox1sZYB1c">https://youtu.be/l-ox1sZYB1c</a>
0037	Understanding ourselves enable us to understand others. Stages of Transformation in Cultivation	<a href="https://youtu.be/0021VyNvFGI">https://youtu.be/0021VyNvFGI</a>
0038	Awareness Based Meditation Instructions for Beginners	<a href="https://youtu.be/xW_BjHUjN0g">https://youtu.be/xW_BjHUjN0g</a>
0039	Deviant Samadhi forewarned in the Shurangama Sutra	<a href="https://youtu.be/hHPtYLSfxl8">https://youtu.be/hHPtYLSfxl8</a>



0040	How Awareness Nature enables one to understand the Essential Dhamma & leads to the awakening	<a href="https://youtu.be/5NHu0FSLgFw">https://youtu.be/5NHu0FSLgFw</a>
0041	How living beings come to be as per Shurangama sutra	<a href="https://youtu.be/qUzZutaRtP0">https://youtu.be/qUzZutaRtP0</a>
0042	Understanding How Thoughts are Created	<a href="https://youtu.be/ueA1aU6Yy00">https://youtu.be/ueA1aU6Yy00</a>
0043	6th Patriarch Platform Sutra of Hui Neng	<a href="https://youtu.be/PJQ09DWDG0">https://youtu.be/PJQ09DWDG0</a>
0044	Beauty of Living the Mundane Life with Spiritual Understanding	<a href="https://youtu.be/py2XAQ00i0c">https://youtu.be/py2XAQ00i0c</a>
0045	Meaning of Tathata and Suchness	<a href="https://youtu.be/mo8MjSGAvyQ">https://youtu.be/mo8MjSGAvyQ</a>
0046	Seeking Truth vs Knowledge	<a href="https://youtu.be/7uERHFxNV_o">https://youtu.be/7uERHFxNV_o</a>
0047	Why One's Response reflects One's True Characters	<a href="https://youtu.be/Qc6inBiWvek">https://youtu.be/Qc6inBiWvek</a>
0048	Seeing Beyond Form & Seeing beyond Mind	<a href="https://youtu.be/U87kLg3H98Y">https://youtu.be/U87kLg3H98Y</a>
0049	Bowing Mindfully to develop Sati	<a href="https://youtu.be/PXE0N7JH8-A">https://youtu.be/PXE0N7JH8-A</a>
0050	As advised by Bro Teoh, do seize upon this golden opportunity to cultivate during this MCO lockdown	<a href="https://youtu.be/aEdcnEncg5I">https://youtu.be/aEdcnEncg5I</a>
0051	J Krishnamurti's Quote on Direct Seeing	<a href="https://youtu.be/11HSEzKXFiq">https://youtu.be/11HSEzKXFiq</a>
0052	Heedfulness Leading to Enlightenment	<a href="https://youtu.be/9xRDI3NJIks">https://youtu.be/9xRDI3NJIks</a>
0053	Understanding the purpose and intent of Meditation	<a href="https://youtu.be/m_tLQec8FfE">https://youtu.be/m_tLQec8FfE</a>
0054	Understanding the 5 Universal Nature's Laws that governs Life & Existence	<a href="https://youtu.be/tcgjYAADYug">https://youtu.be/tcgjYAADYug</a>
0055	The Difference Between Contemplation and Thinking	<a href="https://youtu.be/ct9jxaSbhm0">https://youtu.be/ct9jxaSbhm0</a>
0056	Mind State of a True Cultivator	<a href="https://youtu.be/xBHWGs_DQwY">https://youtu.be/xBHWGs_DQwY</a>
0057	True Suchness & The Essence of Mind	<a href="https://youtu.be/kJgR15dGJ2M">https://youtu.be/kJgR15dGJ2M</a>
0058	Heedfulness and the Three Universal Characteristics	<a href="https://youtu.be/HVKHJUL6QcQ">https://youtu.be/HVKHJUL6QcQ</a>
0059	Cultivating the Five Spiritual Faculties	<a href="https://youtu.be/RgTMym4u3wk">https://youtu.be/RgTMym4u3wk</a>
0060	Wisdom Energy	<a href="https://youtu.be/11PsXgJ6CoU">https://youtu.be/11PsXgJ6CoU</a>
0061	To Accord and Flow, with Wisdom, in All Life Situations	<a href="https://youtu.be/q_Emp8PHRjw">https://youtu.be/q_Emp8PHRjw</a>
0062	The Phenomenal or Illusionary World	<a href="https://youtu.be/KfQBSXc68oQ">https://youtu.be/KfQBSXc68oQ</a>
0063	The Wisdom of "Let Things Be"	<a href="https://youtu.be/DZATQ0cGK04">https://youtu.be/DZATQ0cGK04</a>
0064	Understanding Feeling - Pleasant, Unpleasant and Neutral	<a href="https://youtu.be/hTQIE11ghGc">https://youtu.be/hTQIE11ghGc</a>
0065	How to train the Mind that cannot Meditate (because it thinks alot)	<a href="https://youtu.be/1dZp3-scg0s">https://youtu.be/1dZp3-scg0s</a>
0066	Wisdom VS Knowledge	<a href="https://youtu.be/3133oL5jWI">https://youtu.be/3133oL5jWI</a>
0067	Avijja Sutta	<a href="https://youtu.be/s4B-N1yAdSg">https://youtu.be/s4B-N1yAdSg</a>
0068	The 2nd Aspect of 5 aggregates of Form and Mind	<a href="https://youtu.be/2rNeDtRlEcs">https://youtu.be/2rNeDtRlEcs</a>
0069	Dhammapada Verses on Heedfulness	<a href="https://youtu.be/5fbctaPSvH4">https://youtu.be/5fbctaPSvH4</a>
0070	Dhammapada Verses on What Leads to Suffering and Happiness	<a href="https://youtu.be/J7epqWqVC6w">https://youtu.be/J7epqWqVC6w</a>
0071	How To Train The Mind To Be Heedful?	<a href="https://youtu.be/b3UAW507PiY">https://youtu.be/b3UAW507PiY</a>
0072	How to overcome pain during meditation?	<a href="https://youtu.be/fN2yK8QBvA8">https://youtu.be/fN2yK8QBvA8</a>
0073	5 ways to overcome negative unwholesome thoughts	<a href="https://youtu.be/kZ1-9gwovU">https://youtu.be/kZ1-9gwovU</a>
0074	Understanding Specific Phenomena awareness and Spacious Awareness (without a centre).	<a href="https://youtu.be/iPSg40nLPgA">https://youtu.be/iPSg40nLPgA</a>
0075	Radiate Metta, develop virtue & goodness of heart. Be mindful & aware always to take care of karma.	<a href="https://youtu.be/lb1QaU0duo">https://youtu.be/lb1QaU0duo</a>
0076	Angulimala Sutta MN86	<a href="https://youtu.be/hPvRNfgVyS0">https://youtu.be/hPvRNfgVyS0</a>
0077	Common Meditation Mistakes made by Cultivators not following the Dhamma way	<a href="https://youtu.be/1_dGtWCT0p4">https://youtu.be/1_dGtWCT0p4</a>
0078	The Beauty and Uniqueness of Heart Sutra's Teaching	<a href="https://youtu.be/kAC2UDYRAQU">https://youtu.be/kAC2UDYRAQU</a>
0079	Can chanting bring about Enlightenment?	<a href="https://youtu.be/xrD2XHvN3As">https://youtu.be/xrD2XHvN3As</a>
0080	To overcome habitual tendency, Develop ability to be Relaxed, Silent and Aware Within - Be with it	<a href="https://youtu.be/Bt1hHu9xiH4">https://youtu.be/Bt1hHu9xiH4</a>



0081	6R's Meditation Practice - Right Effort to Train and Relax the Mind	<a href="https://youtu.be/SZrMsmXgrYI">https://youtu.be/SZrMsmXgrYI</a>
0082	What is Meditation? - as taught by Lord Buddha	<a href="https://youtu.be/7U0-WKAeYzQ">https://youtu.be/7U0-WKAeYzQ</a>
0083	7 factors of Enlightenment	<a href="https://youtu.be/u4v5dqLQIEE">https://youtu.be/u4v5dqLQIEE</a>
0084	3 Types of Karmic Obstacles	<a href="https://youtu.be/xFVo1XUcZUc">https://youtu.be/xFVo1XUcZUc</a>
0085	3 Turnings (12 Modes) of the 4 Noble Truths	<a href="https://youtu.be/YWvArYIopzY">https://youtu.be/YWvArYIopzY</a>
0086	A True Dharma Practitioner's Sharing - 25 June 2020	<a href="https://youtu.be/K9xv45ukCw4">https://youtu.be/K9xv45ukCw4</a>
0087	Form is emptiness and Emptiness is Form (色即是空, 空即是色) - 23 June 2020	<a href="https://youtu.be/ccsARXvSd6I">https://youtu.be/ccsARXvSd6I</a>
0088	Life Itself is Meditation - J.Krishnamurti Quote	<a href="https://youtu.be/VZb18axKBpA">https://youtu.be/VZb18axKBpA</a>
0089	Cultivate 2nd turning wisdom of Cintamaya Panna via inquiry, contemplation & reflection on the Truth	<a href="https://youtu.be/ugl7U8TYFWc">https://youtu.be/ugl7U8TYFWc</a>
0090	Understanding What is Appamada or Heedfulness	<a href="https://youtu.be/6kR52IH85H0">https://youtu.be/6kR52IH85H0</a>
0091	Applying the 6R Technique with understanding to cultivate Awareness based Meditation	<a href="https://youtu.be/TkJvRwi0dMo">https://youtu.be/TkJvRwi0dMo</a>
0092	Reversing the Light to shine within, Total Understanding of the Ever-Shining, He is Host and Master	<a href="https://youtu.be/04nkwINCsjw">https://youtu.be/04nkwINCsjw</a>
0093	How to maintain Mindfulness in the midst of Life and Work?	<a href="https://youtu.be/zUn0daBZN1Y">https://youtu.be/zUn0daBZN1Y</a>
0094	Spacious awareness and mindfulness in daily life	<a href="https://youtu.be/MCZRoaXBRso">https://youtu.be/MCZRoaXBRso</a>
0095	Confronting Life situation with wisdom	<a href="https://youtu.be/gybJnbY7EgQ">https://youtu.be/gybJnbY7EgQ</a>
0096	7 stages of purification (Satta Visuddhi)	<a href="https://youtu.be/oTnhX_a_UxM">https://youtu.be/oTnhX_a_UxM</a>
0097	Meditative results borne of right understanding	<a href="https://youtu.be/P9S48xXfVtM">https://youtu.be/P9S48xXfVtM</a>
0098	Beautiful sharing. Have faith, sincerity, perseverance and patience	<a href="https://youtu.be/r08aVJWhwNs">https://youtu.be/r08aVJWhwNs</a>
0099	Can enlightenment be realised through listening?	<a href="https://youtu.be/64EModXlctQ">https://youtu.be/64EModXlctQ</a>
0100	Applying N8FP to deal with difficult people	<a href="https://youtu.be/5ERCat3rWsa">https://youtu.be/5ERCat3rWsa</a>
0101	To Meditate well, one must have Sila (to take care of Karma) for Sati & Samadhi to kick in	<a href="https://youtu.be/YCGNXuSRJrI">https://youtu.be/YCGNXuSRJrI</a>
0102	Importance of the first 3 Purification of: Sila (Morality), Citta (Mind) & Ditthi (Views) vissudhi	<a href="https://youtu.be/VQVeK46JiWw">https://youtu.be/VQVeK46JiWw</a>
0103	Heedfulness is the only way to understand the meaning of life	<a href="https://youtu.be/I90aJHGIGYU">https://youtu.be/I90aJHGIGYU</a>
0104	Form & Mind are our vehicle & tool in life. Use them to live a noble life. Don't be deluded by them	<a href="https://youtu.be/97F_eziNtxA">https://youtu.be/97F_eziNtxA</a>
0105	Mind quality that is beneficial in this and future lives	<a href="https://youtu.be/FnNo3KEWYe8">https://youtu.be/FnNo3KEWYe8</a>
0106	Understanding 5 Mental Hindrances (Panca Nivarana)	<a href="https://youtu.be/RzarN9YOKQY">https://youtu.be/RzarN9YOKQY</a>
0107	Story, Perfection of Patience (Khanti Parami)	<a href="https://youtu.be/-dVQP4G1pJc">https://youtu.be/-dVQP4G1pJc</a>
0108	Reminder for Silent Awareness based Meditation	<a href="https://youtu.be/bUvcSTfTdSg">https://youtu.be/bUvcSTfTdSg</a>
0109	Heedful Living	<a href="https://youtu.be/p8IZUTfhEvQ">https://youtu.be/p8IZUTfhEvQ</a>
0110	Understanding 'The Unconditioned'	<a href="https://youtu.be/XB5wSwMHn20">https://youtu.be/XB5wSwMHn20</a>
0111	Spot the moment the mundane mind arises	<a href="https://youtu.be/nlyERcMZ1Uw">https://youtu.be/nlyERcMZ1Uw</a>
0112	Return to our pure Nature	<a href="https://youtu.be/pv0vBa19g50">https://youtu.be/pv0vBa19g50</a>
0113	Dharma leading to virtues, wisdom and great love!	<a href="https://youtu.be/0keXTJiQc5I">https://youtu.be/0keXTJiQc5I</a>
0114	Understanding Anatta ( Non-Self / Empty nature of existence )	<a href="https://youtu.be/toYd03MLs14">https://youtu.be/toYd03MLs14</a>
0115	Understanding Form and Mind Dhamma	<a href="https://youtu.be/I2nQQXWtYHQ">https://youtu.be/I2nQQXWtYHQ</a>
0116	The Art of Observation	<a href="https://youtu.be/RBVg1IxdQMs">https://youtu.be/RBVg1IxdQMs</a>
0117	The Three Types of Suffering	<a href="https://youtu.be/N6RKTcas02M">https://youtu.be/N6RKTcas02M</a>
0118	How to stabilize your Mindfulness	<a href="https://youtu.be/FP9tt0H0Qnc">https://youtu.be/FP9tt0H0Qnc</a>
0119	How to be a True Modern-Day Bodhisattva Practitioner	<a href="https://youtu.be/SMHRAJePMiM">https://youtu.be/SMHRAJePMiM</a>
0120	Summary of Cultivation	<a href="https://youtu.be/5FxxHADu978">https://youtu.be/5FxxHADu978</a>
0121	Chart (What is meditation as taught by the Buddha)	<a href="https://youtu.be/7x3P1ZdRh_M">https://youtu.be/7x3P1ZdRh_M</a>



0122	Zen Proverbs on the 3 levels of Seeing	<a href="https://youtu.be/PrB2EomJb-g">https://youtu.be/PrB2EomJb-g</a>
0123	Dharma in Daily life	<a href="https://youtu.be/_LUgYsd981k">https://youtu.be/_LUgYsd981k</a>
0124	Purpose of Formal Meditation	<a href="https://youtu.be/Hrh4UxM2Tzw">https://youtu.be/Hrh4UxM2Tzw</a>
0125	How should we use the Silent or True mind to Meditate & develop wisdom	<a href="https://youtu.be/TiKzYT0px0w">https://youtu.be/TiKzYT0px0w</a>
0126	Truth IS! Not "your truth" or "my truth"	<a href="https://youtu.be/aPcgxej2_90">https://youtu.be/aPcgxej2_90</a>
0127	Mind Dhamma + Seeing beyond form and mind	<a href="https://youtu.be/p5MieotZ4iA">https://youtu.be/p5MieotZ4iA</a>
0128	Meditate with understanding via using the Silent/True mind	<a href="https://youtu.be/owwiUgtnDEs">https://youtu.be/owwiUgtnDEs</a>
0129	Mahayana's 3 levels of Seeing	<a href="https://youtu.be/Zy61apX6BrU">https://youtu.be/Zy61apX6BrU</a>
0130	Silent everything & stay with it - 3rd way to overcome unwholesome thoughts/emotions	<a href="https://youtu.be/0oEzDL5P3LU">https://youtu.be/0oEzDL5P3LU</a>
0131	Wake up call! See the importance of heedful living	<a href="https://youtu.be/TBNc81sulIk">https://youtu.be/TBNc81sulIk</a>
0132	Significance of The 3 Turning of The Four Noble Truths	<a href="https://youtu.be/0KqLZ9RwdY4">https://youtu.be/0KqLZ9RwdY4</a>
0133	Understanding The Awareness Nature Within via Meditation	<a href="https://youtu.be/ANogXyvBSVA">https://youtu.be/ANogXyvBSVA</a>
0134	Deeper Understanding on how the Silent Mind in awareness pervades the entire oneness	<a href="https://youtu.be/S9pPiFK4S8o">https://youtu.be/S9pPiFK4S8o</a>
0135	The Objective of Doing Bowing Meditation	<a href="https://youtu.be/vH8SJoGgS4w">https://youtu.be/vH8SJoGgS4w</a>
0136	Understand How The 18 Sense Realms Works	<a href="https://youtu.be/aYq011f-kc8">https://youtu.be/aYq011f-kc8</a>
0137	Liberation via The Fire Sermon	<a href="https://youtu.be/4jZXlQDMbpI">https://youtu.be/4jZXlQDMbpI</a>
0138	The 18 Sense Realms	<a href="https://youtu.be/YF9M2cZxk0Y">https://youtu.be/YF9M2cZxk0Y</a>
0139	Be a silent observer, let the awareness nature shines forth.	<a href="https://youtu.be/x3wzxwhE80U">https://youtu.be/x3wzxwhE80U</a>
0140	The samādhi mind of a great being	<a href="https://youtu.be/WHC0hM260D0">https://youtu.be/WHC0hM260D0</a>
0141	Rebirth of a Bodhisattva is via a pure mind, not due to ignorance	<a href="https://youtu.be/XWlzbPcbssg">https://youtu.be/XWlzbPcbssg</a>
0142	How to stabilise ones Sati via awareness of ones heartbeat during Meditation	<a href="https://youtu.be/WQhkiVK7w0s">https://youtu.be/WQhkiVK7w0s</a>
0143	The Real Cultivation	<a href="https://youtu.be/TZ0vp9wxbFU">https://youtu.be/TZ0vp9wxbFU</a>
0144	Important factors that paves the way for good progress in your cultivation	<a href="https://youtu.be/QU2Dr3YE4io">https://youtu.be/QU2Dr3YE4io</a>
0145	to Investigate within and without, to realise the Truth/Dhamma via "Seeing things as they are"	<a href="https://youtu.be/9MNZ6w3tR3U">https://youtu.be/9MNZ6w3tR3U</a>
0146	Very direct, simple yet penetrative explanation of the Awareness Nature	<a href="https://youtu.be/V8aPx-BktVs">https://youtu.be/V8aPx-BktVs</a>
0147	What should I do? My mind always wander off during meditation	<a href="https://youtu.be/GVYFFav0N6o">https://youtu.be/GVYFFav0N6o</a>
0148	Further explanation on Reversing the Light to shine within and Our Mind is like a Garden	<a href="https://youtu.be/x8WCgYhZKD4">https://youtu.be/x8WCgYhZKD4</a>
0149	Significance of Puja and having a good religious routine	<a href="https://youtu.be/k4-WrseunUs">https://youtu.be/k4-WrseunUs</a>
0150	Have Faith. Ask for Forgiveness & make Aspiration. Be Patient. Trust your Nature.	<a href="https://youtu.be/UkKc1p765nQ">https://youtu.be/UkKc1p765nQ</a>
0151	Sabbe sankhara anicca, Sabbe sankhara dukkha, Sabbe dhamma anatta	<a href="https://youtu.be/bx7f0d3APTl">https://youtu.be/bx7f0d3APTl</a>
0152	3 right views to cultivate to be on the right path	<a href="https://youtu.be/I12YEksjWY4">https://youtu.be/I12YEksjWY4</a>
0153	Why Thought based Meditation cannot develop Real Sati only Awareness based Meditation	<a href="https://youtu.be/f6Z01GMosaA">https://youtu.be/f6Z01GMosaA</a>
0154	Understanding Real Dharma Cultivation. (Which is not Dharma knowledge)	<a href="https://youtu.be/W_Ub6i7DYf4">https://youtu.be/W_Ub6i7DYf4</a>
0155	Complete explanation on how to link Avija Sutra to the whole cultivation	<a href="https://youtu.be/s3tzeGKf3CY">https://youtu.be/s3tzeGKf3CY</a>
0156	How to overcome our Life's problems via the dhamma way?	<a href="https://youtu.be/lnZKUR5iVvM">https://youtu.be/lnZKUR5iVvM</a>
0157	Only when your mindfulness is very stable, are u able to see your subtle mental intention	<a href="https://youtu.be/dPXomAisUXw">https://youtu.be/dPXomAisUXw</a>
0158	Cultivation is unique. The more you share, the more you will receive	<a href="https://youtu.be/74hpSAPVriI">https://youtu.be/74hpSAPVriI</a>
0159	Sati Sampajanna and 4 Foundation of Mindfulness	<a href="https://youtu.be/yEEJYZcxV0Q">https://youtu.be/yEEJYZcxV0Q</a>
0160	Sati Sampajanna and 4 types of Clear Comprehension	<a href="https://youtu.be/S1QhcQUZV4U">https://youtu.be/S1QhcQUZV4U</a>
0161	How do you cultivate Daily Mindfulness	<a href="https://youtu.be/MUaIva-p4E">https://youtu.be/MUaIva-p4E</a>
0162	How to stabilize your Sati and turn it into Heedfulness	<a href="https://youtu.be/KE-dgm4vVqk">https://youtu.be/KE-dgm4vVqk</a>



0163	What does "Mind enter Sati" mean?	<a href="https://youtu.be/u9n4lx-dAWQ">https://youtu.be/u9n4lx-dAWQ</a>
0164	How to differentiate between Real Cessation and Thought Cessation	<a href="https://youtu.be/DXZ6kTKQ04Q">https://youtu.be/DXZ6kTKQ04Q</a>
0165	The difference between Lying down Meditation and Sitting Meditation	<a href="https://youtu.be/wmra_rVT4i0">https://youtu.be/wmra_rVT4i0</a>
0166	Without Daily Mindfulness there will be No Real Awakening and No Real Dharma	<a href="https://youtu.be/wY1_SL-B-QM">https://youtu.be/wY1_SL-B-QM</a>
0167	Understanding BroTeoh's Unique Dharma quotes (Direct teaching pointing towards the True Mind)	<a href="https://youtu.be/3XUJy8Gm10U">https://youtu.be/3XUJy8Gm10U</a>
0168	Never be complacent. Complacency will lead to downfall in your cultivation	<a href="https://youtu.be/sKtjAsIJBK4">https://youtu.be/sKtjAsIJBK4</a>
0169	Technically, if you understand, you don't need methods or techniques to learn Meditation	<a href="https://youtu.be/le0LnAHPfI">https://youtu.be/le0LnAHPfI</a>
0170	Developing Formal Meditation and Daily Mindfulness cultivation diligently can lead to fast progress	<a href="https://youtu.be/z6y14JrgdJA">https://youtu.be/z6y14JrgdJA</a>
0171	What should I do when I feel body vibration during Lying Down Meditation	<a href="https://youtu.be/RXpyiBjPJvw">https://youtu.be/RXpyiBjPJvw</a>
0172	Non-contentious; Non-Greed and Non-Seeking (不爭、不貪、不求)	<a href="https://youtu.be/tkrIFyJEVNA">https://youtu.be/tkrIFyJEVNA</a>
0173	Understanding the Real Awareness based Meditation	<a href="https://youtu.be/_ja2BY5pZIA">https://youtu.be/_ja2BY5pZIA</a>
0174	Spiritual Cultivation takes time and require patience to stabilise the understanding	<a href="https://youtu.be/4AoG1YJOEq4">https://youtu.be/4AoG1YJOEq4</a>
0175	Plant the Bodhi mind, Make firm Aspirations & Vows with Faith, Sincerity and Understanding	<a href="https://youtu.be/EwAxE5rARuM">https://youtu.be/EwAxE5rARuM</a>
0176	Without the silent mind to observe and awaken, you can't learn the True Dharma (心为根本)	<a href="https://youtu.be/JA95iRpN7x4">https://youtu.be/JA95iRpN7x4</a>
0177	Help only when there is condition	<a href="https://youtu.be/wlv72AZnL30">https://youtu.be/wlv72AZnL30</a>
0178	You must understand why you need to keep the precepts	<a href="https://youtu.be/2dWL-50WWfs">https://youtu.be/2dWL-50WWfs</a>
0179	Is moderate drinking acceptable in Buddhism?	<a href="https://youtu.be/ayhmi020zBI">https://youtu.be/ayhmi020zBI</a>
0180	Without Yoniso Manasikara, you can't develop Sati Samjanna or Daily Mindfulness	<a href="https://youtu.be/0ApP4_-BuuA">https://youtu.be/0ApP4_-BuuA</a>
0181	Just silent your mind. Be with the moment to appreciate the pristine beauty and wonders of life	<a href="https://youtu.be/7WJx_J3auqI">https://youtu.be/7WJx_J3auqI</a>
0182	Without Sati you cannot understand the True Dhamma	<a href="https://youtu.be/1k53o1t3aBw">https://youtu.be/1k53o1t3aBw</a>
0183	It is rare to be able to come across this Teaching. Thank your good Karma and Parami!	<a href="https://youtu.be/B_CDP1s0JZI">https://youtu.be/B_CDP1s0JZI</a>
0184	Total Relaxation is the key, to let your natural state arise and let your body heal by itself	<a href="https://youtu.be/k2Fm7nBx18k">https://youtu.be/k2Fm7nBx18k</a>
0185	Don't become agitated by what others do. Reflect with wisdom and accept people for who they are	<a href="https://youtu.be/magy38mVjvA">https://youtu.be/magy38mVjvA</a>
0186	Understanding Truth. Truth can never be monopolized. Truth IS	<a href="https://youtu.be/P2pogQf2i3U">https://youtu.be/P2pogQf2i3U</a>
0187	What should one do when one experiences conflict, argument and problem with others?	<a href="https://youtu.be/KZ1he_5g9pU">https://youtu.be/KZ1he_5g9pU</a>
0188	Patient endurance born of Wisdom	<a href="https://youtu.be/Rwg4sVbr52o">https://youtu.be/Rwg4sVbr52o</a>
0189	Complacency can lead to regression in cultivation	<a href="https://youtu.be/pRb_Ab0C12M">https://youtu.be/pRb_Ab0C12M</a>
0190	Wisdom based compassion vs thought based compassion	<a href="https://youtu.be/1P0hL1hV-vc">https://youtu.be/1P0hL1hV-vc</a>
0191	How to deal with thoughts when they arise during meditation	<a href="https://youtu.be/ozAkJoMEE4c">https://youtu.be/ozAkJoMEE4c</a>
0192	Why is Meditation so difficult? Here is the solution	<a href="https://youtu.be/xAt0hJw_tjE">https://youtu.be/xAt0hJw_tjE</a>
0193	How to develop wisdom through cultivating the 1st, 2nd and 3rd turnings of the 4 Noble Truths	<a href="https://youtu.be/U7UyHL9D0xk">https://youtu.be/U7UyHL9D0xk</a>
0194	Without stability of mindfulness, you can't see the 12 links. What you understand is just theory	<a href="https://youtu.be/jAc-po1p27g">https://youtu.be/jAc-po1p27g</a>
0195	Accord & flow with conditions, at peace w all, then everything falls into place & unfold beautifully	<a href="https://youtu.be/mnyRcH82Jc8">https://youtu.be/mnyRcH82Jc8</a>
0196	4 Noble Truths : Summary of cultivation needed to end all suffering & to be Enlightened	<a href="https://youtu.be/v23_ihzsSus">https://youtu.be/v23_ihzsSus</a>
0197	Spacious awareness without a centre must come from a free mind	<a href="https://youtu.be/XAcf04os5ZY">https://youtu.be/XAcf04os5ZY</a>



0198	4 stage cycles of all Phenomena	<a href="https://youtu.be/S-GZcuvnBQU">https://youtu.be/S-GZcuvnBQU</a>
0199	Why a lot of people can't make progress (and even regress) after attending retreats. The reason is..	<a href="https://youtu.be/jvE-SHxJYQQ">https://youtu.be/jvE-SHxJYQQ</a>
0200	To root out habitual tendencies, you need to straighten your view & meditate with the silent mind	<a href="https://youtu.be/p39b_l_3hwI">https://youtu.be/p39b_l_3hwI</a>
0201	Silent your mind to heedfully trace its origination factors, then retrospectively reverse it	<a href="https://youtu.be/0N8iuoo03Xg">https://youtu.be/0N8iuoo03Xg</a>
0202	Meditation is not to attach to experiences, instead wisdom that arise is more important	<a href="https://youtu.be/FexYCVJQpCE">https://youtu.be/FexYCVJQpCE</a>
0203	How to deal with rigidity of views in life via the Dhamma way?	<a href="https://youtu.be/z972DhypAWU">https://youtu.be/z972DhypAWU</a>
0204	Outflow is, not Defilements but the birth & death of Mundane Mind	<a href="https://youtu.be/v4p00Wh-ZF4">https://youtu.be/v4p00Wh-ZF4</a>
0205	Understanding how the Non-Grasping of the Mundane Mind can arise	<a href="https://youtu.be/9JhvnUuf600">https://youtu.be/9JhvnUuf600</a>
0206	What is the Unconditioned?	<a href="https://youtu.be/xC7CtcjbYaU">https://youtu.be/xC7CtcjbYaU</a>
0207	Understanding Arahant and Bodhisattva Ways Cultivation	<a href="https://youtu.be/B1G19Zp0p64">https://youtu.be/B1G19Zp0p64</a>
0208	Rescuing oneself and rescuing others (自度,度他)	<a href="https://youtu.be/YKQt8mRaNh0">https://youtu.be/YKQt8mRaNh0</a>
0209	Nibbana is complete Cessation	<a href="https://youtu.be/Rd_gw2nKHQ0">https://youtu.be/Rd_gw2nKHQ0</a>
0210	Understanding spiritual cultivation. Accept whatever happens during cultivation as part of the way	<a href="https://youtu.be/P4GZYdsfRgg">https://youtu.be/P4GZYdsfRgg</a>
0211	The stages of Transformation is unending. Wisdom continues to unfold as one goes through life	<a href="https://youtu.be/HnbWvjJXNjU">https://youtu.be/HnbWvjJXNjU</a>
0212	How to invoke power of merits via vows/aspirations to break Karmic obstructions	<a href="https://youtu.be/-Noq_hvdm0E">https://youtu.be/-Noq_hvdm0E</a>
0213	Daily mindfulness Samadhi as against formal Meditation Samadhi	<a href="https://youtu.be/5Sg2ExwxK4M">https://youtu.be/5Sg2ExwxK4M</a>
0214	Put cultivation to test by going into life. Having a stable Samadhi in daily life is a pre-requisite	<a href="https://youtu.be/0WknU5vwZn8">https://youtu.be/0WknU5vwZn8</a>
0215	Daily mindfulness cultivation ~ only wisdom frees the mind	<a href="https://youtu.be/psLnA9vI28Y">https://youtu.be/psLnA9vI28Y</a>
0216	Daily mindfulness cultivation to develop wisdom via direct seeing to see things as they are & awaken	<a href="https://youtu.be/H-DLqxALss">https://youtu.be/H-DLqxALss</a>
0217	3 types of Dana parami	<a href="https://youtu.be/FBrsVgYaLp0">https://youtu.be/FBrsVgYaLp0</a>
0218	Understanding the Pure Awareness nature	<a href="https://youtu.be/YPmf0_RYjv8">https://youtu.be/YPmf0_RYjv8</a>
0219	Real Meditation is to just observe 'what is' to develop wisdom	<a href="https://youtu.be/F-I8zLGIN18">https://youtu.be/F-I8zLGIN18</a>
0220	Pure merits vs tainted merits	<a href="https://youtu.be/3tXQ4JYqPI">https://youtu.be/3tXQ4JYqPI</a>
0221	Best Mother's Day Gift from Mrs Teoh “不要被它牽去, 要做就對了!” Awareness at work	<a href="https://youtu.be/F9ms29Gd0ec">https://youtu.be/F9ms29Gd0ec</a>
0222	Beware of complacency that prevents cultivation due to too good a Lifestyle	<a href="https://youtu.be/ZxTIKQoxTXw">https://youtu.be/ZxTIKQoxTXw</a>
0223	Thoughts divide & thought is limited. Do u know how we create thoughts?	<a href="https://youtu.be/ybxuJ_en2ik">https://youtu.be/ybxuJ_en2ik</a>
0224	5 Aggregates analogies by the Buddha	<a href="https://youtu.be/hDZrLMAt62s">https://youtu.be/hDZrLMAt62s</a>
0225	Is the body really you? Car and driver analogy	<a href="https://youtu.be/ml0ZNth43us">https://youtu.be/ml0ZNth43us</a>
0226	Understanding mind and phenomena & Who are you?	<a href="https://youtu.be/EeUHgtSYTnY">https://youtu.be/EeUHgtSYTnY</a>
0227	The nature of all phenomena is Still and Empty	<a href="https://youtu.be/g0I4C2pWEbU">https://youtu.be/g0I4C2pWEbU</a>
0228	The complete void of the noumenon world encompasses the infinite phenomena world	<a href="https://youtu.be/F8MWeJ64CoE">https://youtu.be/F8MWeJ64CoE</a>
0229	Asking for forgiveness is a way to liberate your mind	<a href="https://youtu.be/WjAXingqyJc">https://youtu.be/WjAXingqyJc</a>
0230	How your mind see external form? The unreality of form	<a href="https://youtu.be/5dFN9eyNkcI">https://youtu.be/5dFN9eyNkcI</a>
0231	Understand 5 Aggregates of Form & Mind to develop awakening via meditation	<a href="https://youtu.be/VNuC3-THM_Y">https://youtu.be/VNuC3-THM_Y</a>
0232	How you function as a human being : who are you and what are you?	<a href="https://youtu.be/b2Bc4DjPtvM">https://youtu.be/b2Bc4DjPtvM</a>
0233	Only mundane mind creating the phenomena world via mental perception and consciousness, not so real	<a href="https://youtu.be/TkSfM4quVsk">https://youtu.be/TkSfM4quVsk</a>
0234	Meditate with understanding. Don't do anything, don't try to know. Just aware until mind enter sati.	<a href="https://youtu.be/Bk0m1fbcrho">https://youtu.be/Bk0m1fbcrho</a>



0235	Real Metta	<a href="https://youtu.be/1_QTFAKLUCM">https://youtu.be/1_QTFAKLUCM</a>
0236	The real cultivation at heart area is when form delusion no longer has any power over you	<a href="https://youtu.be/uIhz7EA6MAg">https://youtu.be/uIhz7EA6MAg</a>
0237	The key to Meditation is "Relax, Aware, Silent"	<a href="https://youtu.be/T3uJnBJ9y34">https://youtu.be/T3uJnBJ9y34</a>
0238	The main intent and purpose of setting up the Kalyanamittas fund	<a href="https://youtu.be/8Inue58TphY">https://youtu.be/8Inue58TphY</a>
0239	How do we train the mind to be Heedful? And revert Anapanasati to daily mindfulness?	<a href="https://youtu.be/1iom4vR4X3k">https://youtu.be/1iom4vR4X3k</a>
0240	Cultivate Extensively! Complacency will only bring Downfall!	<a href="https://youtu.be/jUPafLIW_oU">https://youtu.be/jUPafLIW_oU</a>
0241	Dhamma is Truth. Truth is everywhere, in the midst of life and nature, why can't you see?	<a href="https://youtu.be/-Kvb0P00yVo">https://youtu.be/-Kvb0P00yVo</a>
0242	The Source, Oneness nature : one with everything!	<a href="https://youtu.be/wPceiW9aKMQQ">https://youtu.be/wPceiW9aKMQQ</a>
0243	Change of lineage to an Ariya	<a href="https://youtu.be/CMdzk4CHIYw">https://youtu.be/CMdzk4CHIYw</a>
0244	Just Do to experience by oneself	<a href="https://youtu.be/YJ9VibeX98A">https://youtu.be/YJ9VibeX98A</a>
0245	Faith is the first Spiritual Faculty. Without Faith you can't start your spiritual cultivation	<a href="https://youtu.be/69Dgs0voN60">https://youtu.be/69Dgs0voN60</a>
0246	The whole cultivation is not easy as it involve the conditioned, unconditioned and the Form & Mind	<a href="https://youtu.be/MSaIH40B7G0">https://youtu.be/MSaIH40B7G0</a>
0247	Truth is everywhere why can't u see? If u can't, then u still don't have True Dhamma understanding	<a href="https://youtu.be/5DHR63W6ypw">https://youtu.be/5DHR63W6ypw</a>
0248	Is the composed mind the same as sati (awareness/mindfulness)?	<a href="https://youtu.be/mwyhRcZzm5o">https://youtu.be/mwyhRcZzm5o</a>
0249	You may be conscious of life but you are not aware	<a href="https://youtu.be/rP1sXg7o8qg">https://youtu.be/rP1sXg7o8qg</a>
0250	When you have direct seeing and wisdom you will not be caught by your emotion	<a href="https://youtu.be/4Q2hQtH3VZ8">https://youtu.be/4Q2hQtH3VZ8</a>
0251	Don't rationalise your thoughts, to avoid getting trapped. Develop the silent inner awareness	<a href="https://youtu.be/_6dYpqazQ0k">https://youtu.be/_6dYpqazQ0k</a>
0252	Why is it so difficult to root out Habitual Tendencies? How can one do it?	<a href="https://youtu.be/cDmrJwaMVYM">https://youtu.be/cDmrJwaMVYM</a>
0253	If your cultivation is on the right path, 5 Mind Manifestations will arise.	<a href="https://youtu.be/ysBkZhegcg8">https://youtu.be/ysBkZhegcg8</a>
0254	True cultivation is difficult to come by. Most Teachings shared are theoretical, thought-based	<a href="https://youtu.be/lfxvpx-vjdA">https://youtu.be/lfxvpx-vjdA</a>
0255	Dhamma investigation is via the silent mind to reflect & contemplate, not active thinking/reasoning	<a href="https://youtu.be/-MVg4-SPYs0">https://youtu.be/-MVg4-SPYs0</a>
0256	Bodhisattvas are enlightened beings so why do they still have thoughts for sentient beings?	<a href="https://youtu.be/zr tbbZcMFqM">https://youtu.be/zr tbbZcMFqM</a>
0257	I use Anapana to anchor my mind so that I am able to relax my mind for meditation	<a href="https://youtu.be/2GEyprR1oIo">https://youtu.be/2GEyprR1oIo</a>
0258	Understanding Meditation as defined by J Krishnamurti	<a href="https://youtu.be/pBv6yNe-Kqc">https://youtu.be/pBv6yNe-Kqc</a>
0259	The real meditation only starts when you have stabilized your daily mindfulness	<a href="https://youtu.be/Qzq1Rd7Nny8">https://youtu.be/Qzq1Rd7Nny8</a>
0260	Is there such a thing as the best posture to meditate: sitting, walking, standing or lying down?	<a href="https://youtu.be/yf iVKdikceE">https://youtu.be/yf iVKdikceE</a>
0261	Is there any way to "measure" your meditation progress?	<a href="https://youtu.be/gZQVIJt l y8A">https://youtu.be/gZQVIJt l y8A</a>
0262	The ability to feel your heartbeat is just the very beginning of lying down meditation	<a href="https://youtu.be/ZbTi71gyysM">https://youtu.be/ZbTi71gyysM</a>
0263	Main purpose and intent of Buddhist Meditation is to develop wisdom	<a href="https://youtu.be/MPFQwdM9Fwk">https://youtu.be/MPFQwdM9Fwk</a>
0264	People's true nature is inherently pure, however it becomes tainted by habitual tendencies	<a href="https://youtu.be/wC06iMfGM-U">https://youtu.be/wC06iMfGM-U</a>
0265	Our True Nature is empty & still. To realise the True Mind, you need to completely silent your mind	<a href="https://youtu.be/Ux0cZxJou-g">https://youtu.be/Ux0cZxJou-g</a>
0266	Understanding the main intent & purpose of dhamma cultivation	<a href="https://youtu.be/loWpI0buXb8">https://youtu.be/loWpI0buXb8</a>
0267	Mind can only do 1 thing at a time. Either we are lost in thought or completely silent in awareness	<a href="https://youtu.be/cYVoXmz0790">https://youtu.be/cYVoXmz0790</a>
0268	Understanding the real awakening	<a href="https://youtu.be/pZ7v7LI0c9I">https://youtu.be/pZ7v7LI0c9I</a>
0269	Duality only exist in the conditioned world. When u realise profound emptiness, duality don't exist	<a href="https://youtu.be/TJfftZnUT3cc">https://youtu.be/TJfftZnUT3cc</a>



0270	You must realise your True Mind. Without Thought, that is your True Mind.	<a href="https://youtu.be/zzmGkWjU_H8">https://youtu.be/zzmGkWjU_H8</a>
0271	Realising your True mind, Silent Mind is Paramount and a Prerequisite. U need a Stable Sati to do it	<a href="https://youtu.be/SH_AlYaAy3w">https://youtu.be/SH_AlYaAy3w</a>
0272	Why is thought (the mundane mind) limited and egoic?	<a href="https://youtu.be/SSJq-hdWUA0">https://youtu.be/SSJq-hdWUA0</a>
0273	Cultivation must be done with understanding via developing sati (pure awareness) to silently observe	<a href="https://youtu.be/00Q8ieoP5TE">https://youtu.be/00Q8ieoP5TE</a>
0274	How to develop Awareness-Based-Meditation?	<a href="https://youtu.be/Ac76kVzixDM">https://youtu.be/Ac76kVzixDM</a>
0275	Guided Awareness based Meditation	<a href="https://youtu.be/uQhECPjwM8k">https://youtu.be/uQhECPjwM8k</a>
0276	Dhamma is found within our daily living. Hence life itself is our greatest teacher.	<a href="https://youtu.be/3P0QlQKcv18">https://youtu.be/3P0QlQKcv18</a>
0277	If you want to be free from all Suffering. Understand Dharma, Develop Wisdom & take care of Karma!	<a href="https://youtu.be/Z90zSZE9FaI">https://youtu.be/Z90zSZE9FaI</a>
0278	Meditation isn't about hrs u sit n having good experiences. But to awaken wisdom via the silent mind	<a href="https://youtu.be/dTbPILlXGBo">https://youtu.be/dTbPILlXGBo</a>
0279	Understanding spiritual cultivation and its transformation process	<a href="https://youtu.be/WiZhL0eE4tM">https://youtu.be/WiZhL0eE4tM</a>
0280	How to train the mind to develop Sati? Mind enters Sati	<a href="https://youtu.be/qLhxbxbwR7E">https://youtu.be/qLhxbxbwR7E</a>
0281	J Krishnamurti - You can sit and meditate for a thousand years yet you may not understand yourself..	<a href="https://youtu.be/-zHt7G1JMvY">https://youtu.be/-zHt7G1JMvY</a>
0282	With wisdom, understanding & patience to be at peace with all conditions, karma will reverse itself	<a href="https://youtu.be/3Vq3A-IVt_4">https://youtu.be/3Vq3A-IVt_4</a>
0283	Faith, sincerity & diligence to cultivate the Bodhisattva Way	<a href="https://youtu.be/ctPRG-KjIA0">https://youtu.be/ctPRG-KjIA0</a>
0284	To plant the seed of Bodhi to arise the Bodhi Mind (菩提心) to walk the Bodhisattva Way	<a href="https://youtu.be/ohLx_drr_ms">https://youtu.be/ohLx_drr_ms</a>
0285	Without wisdom, there is no true virtue. True Bodhisattvas are wise beings	<a href="https://youtu.be/Xf0E1iy-7hA">https://youtu.be/Xf0E1iy-7hA</a>
0286	Not until you connect to your true mind, you cannot inherit anything from your spiritual nature	<a href="https://youtu.be/hmSWiH_Rrnk">https://youtu.be/hmSWiH_Rrnk</a>
0287	Cultivate strong affinity w KuanYin & Great beings for their natures blessings, protection, guidance	<a href="https://youtu.be/KrprqbID0b8">https://youtu.be/KrprqbID0b8</a>
0288	Physical body is not spiritual nature. Spiritual nature is borne of its cultivation and perfection	<a href="https://youtu.be/h_mgDUx_UkY">https://youtu.be/h_mgDUx_UkY</a>
0289	Spiritual nature cannot be taken away	<a href="https://youtu.be/HYkXx3y-kX0">https://youtu.be/HYkXx3y-kX0</a>
0290	Bodhisattva takes rebirth via its vow borne of love & compassion, not through rebirth consciousness	<a href="https://youtu.be/qTTx2V9sm0A">https://youtu.be/qTTx2V9sm0A</a>
0291	3 sets of pure precepts of the Bodhisattva	<a href="https://youtu.be/eB0Et_umiLQ">https://youtu.be/eB0Et_umiLQ</a>
0292	By receiving the Bodhisattva precepts one generates vast amount of merits	<a href="https://youtu.be/RXDCBb_UNhs">https://youtu.be/RXDCBb_UNhs</a>
0293	The 4 Great Vows of the Bodhisattvas	<a href="https://youtu.be/7GfTVmd-eJk">https://youtu.be/7GfTVmd-eJk</a>
0294	Do determine strongly with strong Faith to plant the seed of Bodhi in this very life!	<a href="https://youtu.be/8lAH9zBbX14">https://youtu.be/8lAH9zBbX14</a>
0295	When we attend to things Unfit-For-Attention, the unarisen asava arises, & arisen asava increases!	<a href="https://youtu.be/GoC4oApk15g">https://youtu.be/GoC4oApk15g</a>
0296	How to develop the Meditative mind?	<a href="https://youtu.be/WDTuFDBIydQ">https://youtu.be/WDTuFDBIydQ</a>
0297	Fastest way to develop the Meditative mind	<a href="https://youtu.be/VNZzBpuUMKs">https://youtu.be/VNZzBpuUMKs</a>
0298	It's always been the Ultimate truth "That all things are Empty n Still in nature & all appearances"	<a href="https://youtu.be/jL64bLjemZE">https://youtu.be/jL64bLjemZE</a>
0299	Source ~ the Oneness nature	<a href="https://youtu.be/JTf5qoKUvyk">https://youtu.be/JTf5qoKUvyk</a>
0300	Phenomena vs noumenon	<a href="https://youtu.be/HmFHeraIyjQ">https://youtu.be/HmFHeraIyjQ</a>
0301	Gateway to our nature	<a href="https://youtu.be/iGjQZNF1630">https://youtu.be/iGjQZNF1630</a>
0302	What is seeing? Who see and what see?	<a href="https://youtu.be/e62xyvbW8sU">https://youtu.be/e62xyvbW8sU</a>
0303	Relative truth vs ultimate truth	<a href="https://youtu.be/kqQKCtdydJ8">https://youtu.be/kqQKCtdydJ8</a>
0304	Importance of having a very strong Saddha (Faith) to sustain the progress in cultivation	<a href="https://youtu.be/e7fJ6y3caGU">https://youtu.be/e7fJ6y3caGU</a>
0305	Nibbana	<a href="https://youtu.be/3oLnBPY0s0E">https://youtu.be/3oLnBPY0s0E</a>



0306	How to train one's mind through awareness based meditation	<a href="https://youtu.be/08q4WYU4yJM">https://youtu.be/08q4WYU4yJM</a>
0307	Your mind must enter sati, for it to be ever-mindful and constantly meditative	<a href="https://youtu.be/D4n-P-WLU24">https://youtu.be/D4n-P-WLU24</a>
0308	4 phases of a phenomenon, they are all dependent originating: Arising, abiding, changing & ceasing	<a href="https://youtu.be/LJzSSPkJxtU">https://youtu.be/LJzSSPkJxtU</a>
0309	Understanding karmic nature and the rebirth process	<a href="https://youtu.be/LiYR9c6G7ic">https://youtu.be/LiYR9c6G7ic</a>
0310	Due to lack of 5 spiritual faculties, 5 mental hindrances arise	<a href="https://youtu.be/0XU0zAXYPJs">https://youtu.be/0XU0zAXYPJs</a>
0311	What are you doing in the name of Meditation?	<a href="https://youtu.be/EHI_cUvJeYI">https://youtu.be/EHI_cUvJeYI</a>
0312	A short summary of 3 Turning of the 4 Noble Truth	<a href="https://youtu.be/0kix6UlyZ-E">https://youtu.be/0kix6UlyZ-E</a>
0313	Listen from the heart. Mind to mind transmission	<a href="https://youtu.be/MiZyWEL0HrQ">https://youtu.be/MiZyWEL0HrQ</a>
0314	What are the highest blessings?	<a href="https://youtu.be/c2-E51MkGf8">https://youtu.be/c2-E51MkGf8</a>
0315	How to transcend duality	<a href="https://youtu.be/C7gqoixtbBE">https://youtu.be/C7gqoixtbBE</a>
0316	In forgiving others, you are freeing yourself from suffering	<a href="https://youtu.be/jsq96JpqDzk">https://youtu.be/jsq96JpqDzk</a>
0317	How to use thought, and yet not be deluded by it?	<a href="https://youtu.be/rMmPWYpmIS4">https://youtu.be/rMmPWYpmIS4</a>
0318	The surface mind has to be quiet before you can go into the subconscious & the unconscious	<a href="https://youtu.be/2Ah01-TeeSQ">https://youtu.be/2Ah01-TeeSQ</a>
0319	3rd and 4th ways to overcome negative unwholesome thoughts	<a href="https://youtu.be/QKgynPk3Zzk">https://youtu.be/QKgynPk3Zzk</a>
0320	What does it mean to "just let things be"	<a href="https://youtu.be/X_XoETXNwhA">https://youtu.be/X_XoETXNwhA</a>
0321	3 types of karmic obstructions	<a href="https://youtu.be/jo_Xio-DviQ">https://youtu.be/jo_Xio-DviQ</a>
0322	Train the mind to enter sati, for it to be aware of all actions & movements arising in every moment	<a href="https://youtu.be/iuIo4EIWwXc">https://youtu.be/iuIo4EIWwXc</a>
0323	One pointedness Jhana meditation can't free your mind from mental hindrances, it only suppresses it	<a href="https://youtu.be/Q2C6socK68I">https://youtu.be/Q2C6socK68I</a>
0324	How to relax, when feeling tensed during formal meditation?	<a href="https://youtu.be/EdV6a4vcACg">https://youtu.be/EdV6a4vcACg</a>
0325	Moment to moment spontaneous dependent origination versus over 3-life span	<a href="https://youtu.be/6b60M5xUwJ0">https://youtu.be/6b60M5xUwJ0</a>
0326	Direct seeing experience	<a href="https://youtu.be/t0jHd23yEsI">https://youtu.be/t0jHd23yEsI</a>
0327	8 types of consciousness	<a href="https://youtu.be/dDnCQQB1r10">https://youtu.be/dDnCQQB1r10</a>
0328	Why this thought, not other thoughts?	<a href="https://youtu.be/ZsLH0Zs0-kY">https://youtu.be/ZsLH0Zs0-kY</a>
0329	5th daily contemplation about kamma	<a href="https://youtu.be/m07-kaKVwqI">https://youtu.be/m07-kaKVwqI</a>
0330	Understand Mano, Citta & Vinnana	<a href="https://youtu.be/cTfXCoIJ4RA">https://youtu.be/cTfXCoIJ4RA</a>
0331	Is there a thinker behind a thought? Is there an observer and the observed?	<a href="https://youtu.be/Z0Ao6Z2FkgM">https://youtu.be/Z0Ao6Z2FkgM</a>
0332	What is Memory? And why acting according to Memory is not acting at all?	<a href="https://youtu.be/KrC7bgSd6hw">https://youtu.be/KrC7bgSd6hw</a>
0333	Why is thought fearful of the unknown?	<a href="https://youtu.be/BCPGQkKW9pM">https://youtu.be/BCPGQkKW9pM</a>
0334	Can Paticca samuppada stop at any link point at the moment of sense experience?	<a href="https://youtu.be/IG2odqp1mZU">https://youtu.be/IG2odqp1mZU</a>
0335	Noble Eight Fold Path is the noble embodiment of the Noble ones, Ariya	<a href="https://youtu.be/ynVGqtYdFS0">https://youtu.be/ynVGqtYdFS0</a>
0336	4 types of happiness	<a href="https://youtu.be/r9zA0tUqHRE">https://youtu.be/r9zA0tUqHRE</a>
0337	Essence of the Buddha's Teaching - 4 Noble Truths (3 Turnings)	<a href="https://youtu.be/pA3_Zutnmhk">https://youtu.be/pA3_Zutnmhk</a>
0338	Just do, don't try to know, stabilise awareness nature. Wisdom is via awakening in the silent mind	<a href="https://youtu.be/Ga-4TrkFmQ">https://youtu.be/Ga-4TrkFmQ</a>
0339	Awareness based Meditation Guidelines	<a href="https://youtu.be/r0BfYLgokVk">https://youtu.be/r0BfYLgokVk</a>
0340	Pristine Beauty & Wonders of Life	<a href="https://youtu.be/f6ub0phXsU4">https://youtu.be/f6ub0phXsU4</a>
0341	Only mindfulness and constant contemplations can open your inner dharma door. Seeing beyond form.	<a href="https://youtu.be/sLLAbP0x1rY">https://youtu.be/sLLAbP0x1rY</a>
0342	How to maintain mindfulness after you come out from your meditation	<a href="https://youtu.be/w2TRNfYzACo">https://youtu.be/w2TRNfYzACo</a>
0343	Sainthood way vs the Boddhisatta way. Handful of leaves question....	<a href="https://youtu.be/F2krqdEaGds">https://youtu.be/F2krqdEaGds</a>
0344	2 aspects of the 5 Aggregates of Form and Mind	<a href="https://youtu.be/i_5_zK6KjaI">https://youtu.be/i_5_zK6KjaI</a>
0345	Form is emptiness, emptiness is form 色不异空, 空不异色, 色即是空, 空即是色.	<a href="https://youtu.be/rei_8pbiyfA">https://youtu.be/rei_8pbiyfA</a>
0346	How to have positive relationships with family members	<a href="https://youtu.be/n-hmqdGKT0k">https://youtu.be/n-hmqdGKT0k</a>



0347	4 Supports for Awareness based Meditation	<a href="https://youtu.be/gZCa13V-1hM">https://youtu.be/gZCa13V-1hM</a>
0348	Five daily reflections or contemplations	<a href="https://youtu.be/sD5BBfULtJo">https://youtu.be/sD5BBfULtJo</a>
0349	Craving is the cause of suffering. Craving is Attachment = Grasping, clinging via delusion	<a href="https://youtu.be/ZVJkJG1wwZU">https://youtu.be/ZVJkJG1wwZU</a>
0350	Perception of form is consciousness whereas its non-perception is wisdom	<a href="https://youtu.be/fayd2qAqEZI">https://youtu.be/fayd2qAqEZI</a>
0351	What is the deep meaning of Dukkha?	<a href="https://youtu.be/2z8e0gInczs">https://youtu.be/2z8e0gInczs</a>
0352	Unlike Karma, you cannot inherit your spiritual nature until you are connected	<a href="https://youtu.be/fxoPS08mc7A">https://youtu.be/fxoPS08mc7A</a>
0353	Don't go for tainted merits. Without wisdom suffering will continue.	<a href="https://youtu.be/XNQjdvm2b50">https://youtu.be/XNQjdvm2b50</a>
0354	Sixth Patriarch (Hui Neng) 六祖慧能 vs Venerable ShenXiu 神秀 way of cultivation	<a href="https://youtu.be/ekoHG7YyxTE">https://youtu.be/ekoHG7YyxTE</a>
0355	Make the aspiration now! Plant the seed of Bodhi. Your future life will be taken care of.	<a href="https://youtu.be/jshh352tC7k">https://youtu.be/jshh352tC7k</a>
0356	How are clinging, grasping & attachment different	<a href="https://youtu.be/z1QaGQaDPj8">https://youtu.be/z1QaGQaDPj8</a>
0357	Only wisdom via daily mindfulness you can understand why Form is external manifestation of mind	<a href="https://youtu.be/RkptvAcAZ2k">https://youtu.be/RkptvAcAZ2k</a>
0358	Importance to cultivate stable Sati or mindfulness leading to Heedfulness throughout the day	<a href="https://youtu.be/ZHBEo0BlwFY">https://youtu.be/ZHBEo0BlwFY</a>
0359	Constantly develop the bowing with awareness and patience, it will benefit you tremendously	<a href="https://youtu.be/Un672H5NvL8">https://youtu.be/Un672H5NvL8</a>
0360	Why a person like Angulimala killed 999 yet still can become Arahant	<a href="https://youtu.be/WDCQJ9RLExU">https://youtu.be/WDCQJ9RLExU</a>
0361	How to overcome leg pain during meditation	<a href="https://youtu.be/b0DkVqKFKlw">https://youtu.be/b0DkVqKFKlw</a>
0362	Cultivate Metta Bhavana to counter negative emotion - the 1st way	<a href="https://youtu.be/2nieDui0iUo">https://youtu.be/2nieDui0iUo</a>
0363	The danger of not comprehending what sakkāyaditṭhi or self-delusion is!	<a href="https://youtu.be/BATMRiLVmjK">https://youtu.be/BATMRiLVmjK</a>
0364	Understanding Spacious Awareness AND thought	<a href="https://youtu.be/H4n11um5L4E">https://youtu.be/H4n11um5L4E</a>
0365	Is Mahayana teaching authentic as it is not recorded in Theravada script?	<a href="https://youtu.be/ymsCGc4Jj-8">https://youtu.be/ymsCGc4Jj-8</a>
0366	How karma control you	<a href="https://youtu.be/EKbjhiyoGbM">https://youtu.be/EKbjhiyoGbM</a>
0367	Learn to live life and not to worry about life!	<a href="https://youtu.be/sI11E1wd0Uo">https://youtu.be/sI11E1wd0Uo</a>
0368	How could faith drive us in cultivation	<a href="https://youtu.be/QL_PEJDoSwg">https://youtu.be/QL_PEJDoSwg</a>
0369	Pure merits are borne of pure action that is free of all evil roots of Greed, Hatred and Delusion	<a href="https://youtu.be/6UKg6Fwt9G4">https://youtu.be/6UKg6Fwt9G4</a>
0370	Dhamma is not knowledge. Importance of 2nd turning contemplative wisdom is beautiful.	<a href="https://youtu.be/NaTIJww0sz8">https://youtu.be/NaTIJww0sz8</a>
0371	This is my way of cultivation - a must listen sharing, very unique and most beautiful	<a href="https://youtu.be/DNGvIcQ0U5M">https://youtu.be/DNGvIcQ0U5M</a>
0372	How do I cultivate Noble Eightfold Path and live life?	<a href="https://youtu.be/_IKeCfVNHpk">https://youtu.be/_IKeCfVNHpk</a>
0373	Why mundane mind and our senses are so easily affected by the external environment?	<a href="https://youtu.be/CFFeF024aHU">https://youtu.be/CFFeF024aHU</a>
0374	What is a problem? When you perceive a situation with negativity	<a href="https://youtu.be/soA21YeTsIA">https://youtu.be/soA21YeTsIA</a>
0375	Skillful way to develop mindfulness meditation	<a href="https://youtu.be/9bee2sDk_Aw">https://youtu.be/9bee2sDk_Aw</a>
0376	Different phases of Metta cultivation	<a href="https://youtu.be/na8XJG1kxzM">https://youtu.be/na8XJG1kxzM</a>
0377	Appendix 6A - The Trinity triangle to help understand Cultivation	<a href="https://youtu.be/mQkIHQdsdTE">https://youtu.be/mQkIHQdsdTE</a>
0378	Comparison or measurement arise when one lacks of contentment	<a href="https://youtu.be/E2GbzoCyJOE">https://youtu.be/E2GbzoCyJOE</a>
0379	The Dhammacakkappavattana Sutta Chanting	<a href="https://youtu.be/hMd9WU3B00o">https://youtu.be/hMd9WU3B00o</a>
0380	Do you know what is Form Dharma & Mind Dharma?	<a href="https://youtu.be/6x0KubmDyBY">https://youtu.be/6x0KubmDyBY</a>
0381	The 6 sense bases activities are natural processes and they are all dependent origination	<a href="https://youtu.be/2J-t85bS7t8">https://youtu.be/2J-t85bS7t8</a>
0382	Mental hindrances of sensual desire and ill-will (your pleasant & unpleasant reaction of mind)	<a href="https://youtu.be/Ve1FVkwuhZQ">https://youtu.be/Ve1FVkwuhZQ</a>
0383	Our education system don't train us to understand spiritual teachings to solve our life problem	<a href="https://youtu.be/WkCGXeCGxPg">https://youtu.be/WkCGXeCGxPg</a>
0384	What is psychological and mechanical memory?	<a href="https://youtu.be/BdEotEBKky0">https://youtu.be/BdEotEBKky0</a>



0385	To overcome sloth and torpor in meditation by relaxing into every mind state that arise	<a href="https://youtu.be/MxZx_MuuZec">https://youtu.be/MxZx_MuuZec</a>
0386	Pure feeling can occur only if you have the wisdom if not it will go directly to craving or aversion	<a href="https://youtu.be/JX2yy4Gk8k0">https://youtu.be/JX2yy4Gk8k0</a>
0387	Unless there is conditions, just let things be	<a href="https://youtu.be/viF7T60Gmul">https://youtu.be/viF7T60Gmul</a>
0388	Silent the mind to detect the gateway via trust to do on its own	<a href="https://youtu.be/wAIB1Lg2BLk">https://youtu.be/wAIB1Lg2BLk</a>
0389	Stages of Anapanasati breathing in meditation	<a href="https://youtu.be/FckPI7r5ELM">https://youtu.be/FckPI7r5ELM</a>
0390	Only Wisdom Frees!	<a href="https://youtu.be/84YJQDs2EwY">https://youtu.be/84YJQDs2EwY</a>
0391	When your mind enter Sati your body and mind will know	<a href="https://youtu.be/MSnXHtU5eZY">https://youtu.be/MSnXHtU5eZY</a>
0392	Law of kamma - you reap what you sow	<a href="https://youtu.be/hoTmAUfMxSg">https://youtu.be/hoTmAUfMxSg</a>
0393	Essence Of Buddha's teachings mundane & supramundane	<a href="https://youtu.be/Jxlv98_v57A">https://youtu.be/Jxlv98_v57A</a>
0394	3 levels of seeings	<a href="https://youtu.be/eJ0ppvjNOCs">https://youtu.be/eJ0ppvjNOCs</a>
0395	Importance of having no negativity + Analogy of direct seeing	<a href="https://youtu.be/daa-MD8rbRw">https://youtu.be/daa-MD8rbRw</a>
0396	Thought-based meditation's knowledge cannot solve real life problems	<a href="https://youtu.be/eee1hnhPPCg">https://youtu.be/eee1hnhPPCg</a>
0397	Non-self and empty nature (or unreality) of existence and life	<a href="https://youtu.be/_wC9ah0LAKg">https://youtu.be/_wC9ah0LAKg</a>
0398	Thought is response to Memory	<a href="https://youtu.be/q0vNLqWGN9s">https://youtu.be/q0vNLqWGN9s</a>
0399	What is meditation? Who is doing the meditation? What is the "I and me"?	<a href="https://youtu.be/ygUcsUKe3jI">https://youtu.be/ygUcsUKe3jI</a>
0400	Acting according to memory is not acting at all	<a href="https://youtu.be/HjgRASr7fvG">https://youtu.be/HjgRASr7fvG</a>
0401	For those who haven't stabilise their Sati / Mindfulness, they need to ....	<a href="https://youtu.be/v80WvcQHONA">https://youtu.be/v80WvcQHONA</a>
0402	If you are too complicated you can't learn the true Dharma	<a href="https://youtu.be/Gd1W30BLIdY">https://youtu.be/Gd1W30BLIdY</a>
0403	Experiencing mindfulness for the first time	<a href="https://youtu.be/6bjm25p-SMY">https://youtu.be/6bjm25p-SMY</a>
0404	Constant Rejoicing (Sadhu) is a virtuous action that can help you 'open' your heart	<a href="https://youtu.be/PFv3rzUy-sM">https://youtu.be/PFv3rzUy-sM</a>
0405	To progress to change you can't believe your thought and give justification	<a href="https://youtu.be/eFGGAs_JkKM">https://youtu.be/eFGGAs_JkKM</a>
0406	Be natural and maintain relaxation of form and mind all time. Always be at ease.	<a href="https://youtu.be/FCCSjRc0yIlg">https://youtu.be/FCCSjRc0yIlg</a>
0407	Hungry Ghosts realm & July month	<a href="https://youtu.be/0e1LcouTBzM">https://youtu.be/0e1LcouTBzM</a>
0408	How not to forget where you place your things or your purse, etc	<a href="https://youtu.be/FBC8maoqEBk">https://youtu.be/FBC8maoqEBk</a>
0409	Without Faith you can't progress or move forward in your cultivation	<a href="https://youtu.be/hr7swd5Ze98">https://youtu.be/hr7swd5Ze98</a>
0410	How to deal with the noise when you are meditating or sleeping? Trained mind & Untrained mind.	<a href="https://youtu.be/nT5cKZUovzk">https://youtu.be/nT5cKZUovzk</a>
0411	Can we choose which family to be born into and when to be born? Only great beings can.	<a href="https://youtu.be/ZisYc-kFmSw">https://youtu.be/ZisYc-kFmSw</a>
0412	Bodhisattava's rebirth with pure thought and pure vows	<a href="https://youtu.be/RL3I81FeI18">https://youtu.be/RL3I81FeI18</a>
0413	The main purpose of the cultivation is ...	<a href="https://youtu.be/bW02MKuLwzw">https://youtu.be/bW02MKuLwzw</a>
0414	To develop wisdom you need to meditate with the True Mind to Awaken	<a href="https://youtu.be/WM909dIPmJ8">https://youtu.be/WM909dIPmJ8</a>
0415	Lying down meditation. Karmic...., understanding sensation, craving...	<a href="https://youtu.be/NM9I5Row1I8">https://youtu.be/NM9I5Row1I8</a>
0416	How to deal with unpleasant sound during meditation?	<a href="https://youtu.be/GQ8-pXc2vc8">https://youtu.be/GQ8-pXc2vc8</a>
0417	Understand death before you die	<a href="https://youtu.be/wbWgZjNATSM">https://youtu.be/wbWgZjNATSM</a>
0418	That is the REAL Meditation!	<a href="https://youtu.be/DmJjkbNAG0Y">https://youtu.be/DmJjkbNAG0Y</a>
0419	How to realise the FREE Mind?	<a href="https://youtu.be/VVMaJ_knCGo">https://youtu.be/VVMaJ_knCGo</a>
0420	Sankharaupapatti Sutta	<a href="https://youtu.be/Q7FkEne2ooc">https://youtu.be/Q7FkEne2ooc</a>
0421	Relax, maintain silence and awareness are key to awareness based meditation	<a href="https://youtu.be/abFHmP5sXz8">https://youtu.be/abFHmP5sXz8</a>
0422	How Bodhisattva & Buddha reappear?	<a href="https://youtu.be/lvr4hHUV9xE">https://youtu.be/lvr4hHUV9xE</a>
0423	Without heedfulness, there is no meditation. Heedfulness is the path to the deathless.	<a href="https://youtu.be/NXVquPDvtQc">https://youtu.be/NXVquPDvtQc</a>
0424	Heedfulness is constantly meditative and ever mindful. The heedful is destined for enlightenment.	<a href="https://youtu.be/yn5J7HZTz0I">https://youtu.be/yn5J7HZTz0I</a>
0425	The heedful never dies. You need the silent mind to understand the truth	<a href="https://youtu.be/SFDIKW9jmu">https://youtu.be/SFDIKW9jmu</a>



0426	Be patient. Focus on the cultivation. Develop the silent mind.	<a href="https://youtu.be/s4btq-Xazs">https://youtu.be/s4btq-Xazs</a>
0427	Will one's right view enable one to remove habitual tendency?	<a href="https://youtu.be/KVmyVvFU9YE">https://youtu.be/KVmyVvFU9YE</a>
0428	How to return to Dhamma cultivation after a long lapse?	<a href="https://youtu.be/mJHW3yZVeqM">https://youtu.be/mJHW3yZVeqM</a>
0429	Why you meditate and the purpose of meditation?	<a href="https://youtu.be/kgihHh1D1nU">https://youtu.be/kgihHh1D1nU</a>
0430	Understanding meditation & how you function as a human being	<a href="https://youtu.be/MkSsYcZm-A0">https://youtu.be/MkSsYcZm-A0</a>
0431	2 types of Bodhisattvas	<a href="https://youtu.be/4dMvYSbz3M0">https://youtu.be/4dMvYSbz3M0</a>
0432	The 3 pure precepts of Bodhisattva	<a href="https://youtu.be/pUgkas1_mfw">https://youtu.be/pUgkas1_mfw</a>
0433	How to break all karmic obstructions to bring about the way?	<a href="https://youtu.be/Iu6kSzH83-Y">https://youtu.be/Iu6kSzH83-Y</a>
0434	Why do we take precepts?	<a href="https://youtu.be/kMzF11RbF8I">https://youtu.be/kMzF11RbF8I</a>
0435	What have I got to lose by taking the Bodhisattva vows?	<a href="https://youtu.be/tbheoqhobnQ">https://youtu.be/tbheoqhobnQ</a>
0436	The source of genuine love and compassion from the Buddhist perspectives	<a href="https://youtu.be/9kzc9b4M1qw">https://youtu.be/9kzc9b4M1qw</a>
0437	Who is a Bodhisattva? The meaning of a Bodhisattva..	<a href="https://youtu.be/ol5Koz87p6c">https://youtu.be/ol5Koz87p6c</a>
0438	Develop filial piety. Don't argue/fight & want things your way.Resolve issues amicably	<a href="https://youtu.be/s0arexZVn_8">https://youtu.be/s0arexZVn_8</a>
0439	Thought is dependent originating. Whatever mind states that arise will come to pass.	<a href="https://youtu.be/8SWWy_Ra29o">https://youtu.be/8SWWy_Ra29o</a>
0440	Strive on with Heedfulness! So have to develop Heedfulness first.....!	<a href="https://youtu.be/qJe7Ld0cDL0">https://youtu.be/qJe7Ld0cDL0</a>
0441	Essence of the Buddha's Teaching - 4 Noble Truths (3 Turnings)	<a href="https://youtu.be/wIFh6DMRQds">https://youtu.be/wIFh6DMRQds</a>
0442	Overcome drowsiness / sleepiness during meditation	<a href="https://youtu.be/6HR8A6TY-iU">https://youtu.be/6HR8A6TY-iU</a>
0443	Benefits one can achieve attending Cameron spiritual retreat	<a href="https://youtu.be/B6F0gTc6xeI?feature=shared">https://youtu.be/B6F0gTc6xeI?feature=shared</a>
0444	4 Supports for Awareness based Meditation	<a href="https://youtu.be/1uU7rNF2xK0">https://youtu.be/1uU7rNF2xK0</a>
0445	Knowledge vs wisdom	<a href="https://youtu.be/Rg98cIu4IwY">https://youtu.be/Rg98cIu4IwY</a>
0446	Emptiness is form, form is emptiness	<a href="https://youtu.be/BKJkPqpodTk">https://youtu.be/BKJkPqpodTk</a>
0447	Questions are a means of seeking Dharma understanding, not just Dharma knowledge	<a href="https://youtu.be/JtR3kWIpNxxg">https://youtu.be/JtR3kWIpNxxg</a>
0448	What is meditation? 99% of the people get it wrong	<a href="https://youtu.be/2meXEWzzjmQ">https://youtu.be/2meXEWzzjmQ</a>
0449	We choose aware every action & every movement in the present moment. This is the highest meditation	<a href="https://youtu.be/c5WFcFus-Sw">https://youtu.be/c5WFcFus-Sw</a>
0450	2 Aspects of the 5 Aggregate of Form and Mind	<a href="https://youtu.be/-sBEh3E8Foc">https://youtu.be/-sBEh3E8Foc</a>
0451	5 Spiritual Faculties	<a href="https://youtu.be/qJxhS36DMDA">https://youtu.be/qJxhS36DMDA</a>
0452	How to relax	<a href="https://youtu.be/x_JEwrZDyGM">https://youtu.be/x_JEwrZDyGM</a>
0453	Swimming is one of the skillful ways to train up your Sati	<a href="https://youtu.be/ww-kf81LGik">https://youtu.be/ww-kf81LGik</a>
0454	Discussion of Anattalakkhana Sutta and Paṭicca Samuppada (Dependent Origination / 12 links)	<a href="https://youtu.be/UQxI0RqBmBw">https://youtu.be/UQxI0RqBmBw</a>
0455	Bodhisattva can choice their way to come	<a href="https://youtu.be/qcMwmrtXRzY">https://youtu.be/qcMwmrtXRzY</a>
0456	Our greatest illusion is believing that our life and our 5 aggregates of form and mind are real!	<a href="https://youtu.be/2VZtcHMIzqs">https://youtu.be/2VZtcHMIzqs</a>
0457	A deeper understanding of why it's essential to cultivate awareness-based meditation	<a href="https://youtu.be/1ygKt-_lcc">https://youtu.be/1ygKt-_lcc</a>
0458	Kuan yin manifestation	<a href="https://youtu.be/XuZ97XYRy0c">https://youtu.be/XuZ97XYRy0c</a>
0459	3 poison of Greed, Hatred and Delusions	<a href="https://youtu.be/WbnaYXsGYB8">https://youtu.be/WbnaYXsGYB8</a>
0460	Important note to meditators	<a href="https://youtu.be/sNzNYyqGK1M">https://youtu.be/sNzNYyqGK1M</a>
0461	Path to Nibbana: Awakening through Cessation of form & mind	<a href="https://youtu.be/FUhfHgxw-DU">https://youtu.be/FUhfHgxw-DU</a>
0462	Why is relaxation so important in spiritual cultivation and for the maintenance of good health?	<a href="https://youtu.be/apynhit-GW4">https://youtu.be/apynhit-GW4</a>
0463	Sixth Patriarch Huineng (六祖惠能) Meditation 3 Hallmarks	<a href="https://youtu.be/mZWm0swYYwk">https://youtu.be/mZWm0swYYwk</a>
0464	Understanding how Theravada and Mahayana teachings complement each other	<a href="https://youtu.be/o6VwVdNpxrc">https://youtu.be/o6VwVdNpxrc</a>



0465	Why is Mahayana hard to grasp? Understanding the pros and cons of Theravada and Mahayana teachings	<a href="https://youtu.be/YQkp_YHIdy4">https://youtu.be/YQkp_YHIdy4</a>
0466	The different between Sudden teaching (顿悟法门) and Gradual teaching (渐悟法门)	<a href="https://youtu.be/SNzcTpLVZkY">https://youtu.be/SNzcTpLVZkY</a>
0467	Without thought you are already Aware so don't try to be aware!	<a href="https://youtu.be/5yV5AeoTWQA">https://youtu.be/5yV5AeoTWQA</a>
0468	Understand the pristine beauty and wonders of life and dhamma	<a href="https://youtu.be/d0jUkbYD0wY">https://youtu.be/d0jUkbYD0wY</a>
0469	Luang Por Teean Dynamic Meditation and life stories (Thailand trip + Mediation Experiences)	<a href="https://youtu.be/HBF_L3kCs0s">https://youtu.be/HBF_L3kCs0s</a>
0470	起心动念 The Arising of Mind Creates Mundane Thinking or Sankhara Activities	<a href="https://youtu.be/9YPcppbbUv4">https://youtu.be/9YPcppbbUv4</a>
0471	Cultivating Vedananupassana with the silent mind. Importance of relaxation.	<a href="https://youtu.be/L8nduGbURB0">https://youtu.be/L8nduGbURB0</a>
0472	Understanding how the unarisen mental hindrance arise and cease to develop the wisdom.	<a href="https://youtu.be/u7gARdePChI">https://youtu.be/u7gARdePChI</a>
0473	Convention Dharma nowadays are too theoretical. It can't help one to understand the true cultivation	<a href="https://youtu.be/h57qExTheU4">https://youtu.be/h57qExTheU4</a>
0474	Understand that the Duality created by mundane mind exist only within the condition world.	<a href="https://youtu.be/jDp8tAl5Jk8">https://youtu.be/jDp8tAl5Jk8</a>
0475	Realise the true mind and use it to live life	<a href="https://youtu.be/ufkdRaraAHE">https://youtu.be/ufkdRaraAHE</a>
0476	Cultivate Cittanupassana to see the content of consciousness clearly	<a href="https://youtu.be/tiwUIPux7SQ">https://youtu.be/tiwUIPux7SQ</a>
0477	The deeper meaning of the Middle Way is to transcend duality.	<a href="https://youtu.be/hsK2oFf10IM">https://youtu.be/hsK2oFf10IM</a>
0478	The instrument of Meditation must be the pure awareness nature within us	<a href="https://youtu.be/ahHPowI0cLU">https://youtu.be/ahHPowI0cLU</a>
0479	Do Not Rush! You need to understand clearly what cultivation is before you start yr cultivation.	<a href="https://youtu.be/4miJVsm0_Cc">https://youtu.be/4miJVsm0_Cc</a>
0480	Whether you are doing sitting or lying down meditation the key purpose is to train our awareness	<a href="https://youtu.be/_u3ZyUrbQSE">https://youtu.be/_u3ZyUrbQSE</a>
0481	Don't try to know. Relax and maintain your awareness. Stay silent and be with it. Don't react to it.	<a href="https://youtu.be/qIDy7Tr0DiQ">https://youtu.be/qIDy7Tr0DiQ</a>
0482	How to develop daily mindfulness	<a href="https://youtu.be/Qw2-yxS1chw">https://youtu.be/Qw2-yxS1chw</a>
0483	Unless your wisdom had stabilized, don't believe you have no more sankhara	<a href="https://youtu.be/Zpr9aaPKSKQ">https://youtu.be/Zpr9aaPKSKQ</a>
0484	Determine to be aware	<a href="https://youtu.be/Bf40PI4MJi4">https://youtu.be/Bf40PI4MJi4</a>
0485	Moving further into pure awareness	<a href="https://youtu.be/wY0C28BB0aU">https://youtu.be/wY0C28BB0aU</a>
0486	The accumulation of negative psychological memories and emotions leads to suffering	<a href="https://youtu.be/o99cpDHI8uk">https://youtu.be/o99cpDHI8uk</a>
0487	4 types of happiness for a lay man	<a href="https://youtu.be/kahdgC3A2cw">https://youtu.be/kahdgC3A2cw</a>
0488	5 ways to overcome unwholesome thoughts	<a href="https://youtu.be/-i-CPVhh6Vs">https://youtu.be/-i-CPVhh6Vs</a>
0489	Without wisdom you can't let go / No reality	<a href="https://youtu.be/-iwTNDdhZ1k">https://youtu.be/-iwTNDdhZ1k</a>
0490	Physical and Psychological time	<a href="https://youtu.be/t-vprQ7-np0">https://youtu.be/t-vprQ7-np0</a>
0491	Lying down meditation/ danger of the energy meditation	<a href="https://youtu.be/zh3Fr1qDSRo">https://youtu.be/zh3Fr1qDSRo</a>
0492	Mind is Mind, Body is Body, Body is never the Mind and The Mind is never the Body	<a href="https://youtu.be/am_moY-NwPw">https://youtu.be/am_moY-NwPw</a>
0493	Key advice on Awareness based Meditation	<a href="https://youtu.be/cQLPEK12MiQ">https://youtu.be/cQLPEK12MiQ</a>
0494	This world of ours is an illusionary world - a world of consciousness only	<a href="https://youtu.be/jHHhRZ9oRgc">https://youtu.be/jHHhRZ9oRgc</a>
0495	Is your life destined?	<a href="https://youtu.be/pe94M_hJ9EU">https://youtu.be/pe94M_hJ9EU</a>
0496	To develop Mindfulness - you NEED NOT slow down your movements and activities	<a href="https://youtu.be/IPFHeRB5M3c">https://youtu.be/IPFHeRB5M3c</a>
0497	Different between Awareness based and One pointedness samatha meditation & 5 Jhana factors	<a href="https://youtu.be/z7sXGDC20uw">https://youtu.be/z7sXGDC20uw</a>
0498	J. Krishnamurti's Quotes - Observer and the Observed	<a href="https://youtu.be/WHB9ySQdQVM">https://youtu.be/WHB9ySQdQVM</a>
0499	The 4 Foundations of Mindfulness is step 8 of the Avijja Sutta	<a href="https://youtu.be/vxH0127IEw">https://youtu.be/vxH0127IEw</a>
0500	Mrs Teoh sharing on True Suchness Tathāta 如如不动	<a href="https://youtu.be/pe6qGNzrBR4">https://youtu.be/pe6qGNzrBR4</a>
0501	How to cultivate 2nd turning wisdom of Cinatamaya Panna via inquiry, contemplation and reflection	<a href="https://youtu.be/ff3cTWPnuos">https://youtu.be/ff3cTWPnuos</a>



0502	2nd turning of the 4th Noble Truth (regarding N8FP)'s emphasis is on the word "is to be Cultivated"	<a href="https://youtu.be/d8emlcbxCvq">https://youtu.be/d8emlcbxCvq</a>
0503	Is making aspiration or invoking power of merit a kind of craving?	<a href="https://youtu.be/e3wpJpeNx0s">https://youtu.be/e3wpJpeNx0s</a>
0504	Under what conditions might I receive blessings from Buddha or Bodhisattva?	<a href="https://youtu.be/v16h0lT5nHY">https://youtu.be/v16h0lT5nHY</a>
0505	If we have a positive final thought before we die, can it lead us to a good realm?	<a href="https://youtu.be/_GKl2nwScLs">https://youtu.be/_GKl2nwScLs</a>
0506	To speed up your cultivation, it is important to take the Bodhisattva vows	<a href="https://youtu.be/-lZEwfUNQAU">https://youtu.be/-lZEwfUNQAU</a>
0507	Don't mislead others in matters of cultivation, as it may lead to karmic obstructions for you	<a href="https://youtu.be/YWoqDXgNlK8">https://youtu.be/YWoqDXgNlK8</a>
0508	The Lotus sutra can only be received by those who have the parami to cultivate the Bodhisattva way	<a href="https://youtu.be/fYycN9YqeoE">https://youtu.be/fYycN9YqeoE</a>
0509	In meditation how long does it take for your mind to settle down	<a href="https://youtu.be/EvBVchtXZw">https://youtu.be/EvBVchtXZw</a>
0510	Meditation is not about beautiful experiences but to gain wisdom and transformation	<a href="https://youtu.be/muoIjRjfI0g">https://youtu.be/muoIjRjfI0g</a>
0511	Time will no longer be your concern when you walk the Bodhisattva way with understanding.	<a href="https://youtu.be/RGB0soSmx9k">https://youtu.be/RGB0soSmx9k</a>
0512	How to plant the Bodhi seed and walk the Bodhisattva way	<a href="https://youtu.be/DDnzLNis0HA">https://youtu.be/DDnzLNis0HA</a>
0513	What should one do after one has taken the Bodhisattva vows?	<a href="https://youtu.be/LxNyydDB25k">https://youtu.be/LxNyydDB25k</a>
0514	As if the veil of Ignorant has drop off, then the pure nature shine forth	<a href="https://youtu.be/TKz1h5lUuEE">https://youtu.be/TKz1h5lUuEE</a>
0515	The phenomenon world is a world of consciousness and they are all really empty!	<a href="https://youtu.be/yvcGbPXsY0U">https://youtu.be/yvcGbPXsY0U</a>
0516	Understanding the Phenomena world of consciousness and the 4 stages of creation	<a href="https://youtu.be/smMbwApruc">https://youtu.be/smMbwApruc</a>
0517	Relax completely, like you're lifeless, and center your awareness around your heart area	<a href="https://youtu.be/dNdk_SmlLDY">https://youtu.be/dNdk_SmlLDY</a>
0518	Loving yourself. Making of own additional miscellaneous vows	<a href="https://youtu.be/27ky22LDVKI">https://youtu.be/27ky22LDVKI</a>
0519	The benefits and purpose of Kalyanamitta Fund	<a href="https://youtu.be/x4Wd7Q9QG1A">https://youtu.be/x4Wd7Q9QG1A</a>
0520	Application of Dharma in daily live via making it a living Dharma	<a href="https://youtu.be/_jacVs1-R68">https://youtu.be/_jacVs1-R68</a>
0521	Everything is in a state of flux within the moment, so transient (现在心,过去心,未来心皆不可得)	<a href="https://youtu.be/IUQrVhMOR5A">https://youtu.be/IUQrVhMOR5A</a>
0522	Knowledge bind (所知障). Fear, worry and anxiety are obstructions (烦恼障) to cultivation	<a href="https://youtu.be/FPkvGB4BjZA">https://youtu.be/FPkvGB4BjZA</a>
0523	True virtue requires wisdom. Highest wealth is contentment	<a href="https://youtu.be/U9mirCBiaEA">https://youtu.be/U9mirCBiaEA</a>
0524	Surangama Sutra and the 4 stages of creation	<a href="https://youtu.be/VWRVZB405yc">https://youtu.be/VWRVZB405yc</a>
0525	A condition-arising phenomena world of consciousness	<a href="https://youtu.be/KoLZMcg1274">https://youtu.be/KoLZMcg1274</a>
0526	What is 6th, 7th and 8th consciousness? How it delude us?	<a href="https://youtu.be/TJMG-PhIdGE">https://youtu.be/TJMG-PhIdGE</a>
0527	9 stages of cemetary decomposition. Nothing is permanent including your beauty, your youth	<a href="https://youtu.be/UsLL-FDtBQs">https://youtu.be/UsLL-FDtBQs</a>
0528	Understanding Acceptance	<a href="https://youtu.be/SLseF3vp9Wo">https://youtu.be/SLseF3vp9Wo</a>
0529	Meditation arises wisdom for right action via the Noble 8-Fold Path	<a href="https://youtu.be/upvU3o1HGww">https://youtu.be/upvU3o1HGww</a>
0530	Any sense experience, whether pleasant or unpleasant, is a prelude to suffering or dukkha	<a href="https://youtu.be/bmuTxX5e6cQ">https://youtu.be/bmuTxX5e6cQ</a>
0531	What is Vipassana? Is it a method or technique?	<a href="https://youtu.be/uXrnabbwWMA">https://youtu.be/uXrnabbwWMA</a>
0532	Without wisdom, you will not be able to accept the reality of separation	<a href="https://youtu.be/US4NakUoCGI">https://youtu.be/US4NakUoCGI</a>
0533	Fire Sermon - everything is burning.....	<a href="https://youtu.be/8_bULo0kTPI">https://youtu.be/8_bULo0kTPI</a>
0534	Importance of knowing who you are and what you are	<a href="https://youtu.be/H_IFBNeelag">https://youtu.be/H_IFBNeelag</a>
0535	All Meditation must be done with understanding	<a href="https://youtu.be/tWhwHsn9a3w">https://youtu.be/tWhwHsn9a3w</a>
0536	When your awareness stabilizes you will become very different and after that you will know how to die	<a href="https://youtu.be/bJZB3Rwl6uc">https://youtu.be/bJZB3Rwl6uc</a>
0537	Perception of form is consciousness, whereas its non-perception is wisdom	<a href="https://youtu.be/ISuNYa5mEZU">https://youtu.be/ISuNYa5mEZU</a>
0538	Gratitude will bring forth the understanding	<a href="https://youtu.be/SIILBm1nQeI">https://youtu.be/SIILBm1nQeI</a>
0539	When you understand the Dharma (law of karma & law of mind) you will transform	<a href="https://youtu.be/NCC9V1Mx_xA">https://youtu.be/NCC9V1Mx_xA</a>



0540	Aware at heart area so that you can be aware of life to develop wisdom and not knowledge	<a href="https://youtu.be/Fd3KfvN_yG4">https://youtu.be/Fd3KfvN_yG4</a>
0541	You may think you are aware but you are NOT!	<a href="https://youtu.be/dZAR8k8vyp4">https://youtu.be/dZAR8k8vyp4</a>
0542	Anything perceivable by the mind is a phenomenon. Mental, physical and nature's phenomena.	<a href="https://youtu.be/_WJiYpuL5mM">https://youtu.be/_WJiYpuL5mM</a>
0543	How to have a successful marriage?	<a href="https://youtu.be/MFIn5QcYb1A">https://youtu.be/MFIn5QcYb1A</a>
0544	Develop inner awareness and stay at to the heart area to learn the Dharma	<a href="https://youtu.be/wreRSL_01fA">https://youtu.be/wreRSL_01fA</a>
0545	Paticca Samuppada (Dependent Origination / 12 links) is multidimensional	<a href="https://youtu.be/SMDg2WeBc1Y">https://youtu.be/SMDg2WeBc1Y</a>
0546	Mindfulness - Mind in fullness (Full of awareness. Not Full of thoughts!)	<a href="https://youtu.be/56eCq59N1pk">https://youtu.be/56eCq59N1pk</a>
0547	Awareness is the Silent and Choiceless Observation of What is - J. Krishnamurti	<a href="https://youtu.be/7fjNvm3B2tU">https://youtu.be/7fjNvm3B2tU</a>
0548	The thought is reminding you to be aware. That is not genuine awareness	<a href="https://youtu.be/MQDcU8U51iQ">https://youtu.be/MQDcU8U51iQ</a>
0549	Seeing things as they are without interference from thought or memory	<a href="https://youtu.be/Dtpwq7AAoYs">https://youtu.be/Dtpwq7AAoYs</a>
0550	Listening attentively without thought	<a href="https://youtu.be/ZEb-X3V_wxo">https://youtu.be/ZEb-X3V_wxo</a>
0551	The space between thoughts	<a href="https://youtu.be/v3jdMeYSqf4">https://youtu.be/v3jdMeYSqf4</a>
0552	Training the heedless or mundane mind	<a href="https://youtu.be/Y30IVb_49uc">https://youtu.be/Y30IVb_49uc</a>
0553	The difference between heedful and heedless living	<a href="https://youtu.be/yPskWX1txos">https://youtu.be/yPskWX1txos</a>
0554	To have sincerity and acceptance are not easy. You need to have wisdom	<a href="https://youtu.be/45syuSQ5nuM">https://youtu.be/45syuSQ5nuM</a>
0555	5 Spiritual Faculties & 3 phases of Dhamma Cultivation	<a href="https://youtu.be/TQn3kBtp08">https://youtu.be/TQn3kBtp08</a>
0556	Importance of Sati to walk the Path of Dhamma	<a href="https://youtu.be/un_0YRHL5hs">https://youtu.be/un_0YRHL5hs</a>
0557	Why I can't silence my mind and thoughts keep arising	<a href="https://youtu.be/Erjgdkefshg">https://youtu.be/Erjgdkefshg</a>
0558	The Avijja Sutta (Ignorant & Enlightenment Sequence)	<a href="https://youtu.be/B7jR0DQ8Ta8">https://youtu.be/B7jR0DQ8Ta8</a>
0559	When you understand the difference between consciousness and awareness you will know how to meditate	<a href="https://youtu.be/LtVIF8pv2VA">https://youtu.be/LtVIF8pv2VA</a>
0560	Right duty is the right dharma	<a href="https://youtu.be/lkkz407Q3hc">https://youtu.be/lkkz407Q3hc</a>
0561	Anyone who can understand this quote, their minds will transform very fast	<a href="https://youtu.be/_Np6at85HeQ">https://youtu.be/_Np6at85HeQ</a>
0562	Paeon of Joy (Udana Gatha)	<a href="https://youtu.be/HdK3VNsraoo">https://youtu.be/HdK3VNsraoo</a>
0563	Importance of mindfulness and the other spiritual faculties to develop understanding	<a href="https://youtu.be/IB0AjU4V7-M">https://youtu.be/IB0AjU4V7-M</a>
0564	What is the difference between the awareness and consciousness?	<a href="https://youtu.be/TmYKZb_b_Rc">https://youtu.be/TmYKZb_b_Rc</a>
0565	You maybe conscious of life but may not be aware while living life	<a href="https://youtu.be/_aJdDqqQP5U">https://youtu.be/_aJdDqqQP5U</a>
0566	No thought is still a thought	<a href="https://youtu.be/J3iFnyQ56kw">https://youtu.be/J3iFnyQ56kw</a>
0567	The difference between Mano, Citta and Vinnana	<a href="https://youtu.be/WJ-0twRucJA">https://youtu.be/WJ-0twRucJA</a>
0568	Your heedless mind need to be trained	<a href="https://youtu.be/_kgo6lXDUDw">https://youtu.be/_kgo6lXDUDw</a>
0569	How to draw or tap spiritual energy from Great Being's nature?	<a href="https://youtu.be/IDNLCH1MKyY">https://youtu.be/IDNLCH1MKyY</a>
0570	Develop Awareness-based Meditation to realize the sainthood way and the Bodhisattva way	<a href="https://youtu.be/uvm07-cY6FQ">https://youtu.be/uvm07-cY6FQ</a>
0571	How to continue your cultivation after you return from the retreat to daily life	<a href="https://youtu.be/zTjmWWaJ8r8">https://youtu.be/zTjmWWaJ8r8</a>
0572	Cultivate Sati through bowing to develop insight and awakening	<a href="https://youtu.be/IXshYvPmQjU">https://youtu.be/IXshYvPmQjU</a>
0573	Important of having Kalyanamitta as stated in Avijja Sutta	<a href="https://youtu.be/T022o0wTwyQ">https://youtu.be/T022o0wTwyQ</a>
0574	The Most Comprehensive explanation of Avijja Sutta	<a href="https://youtu.be/hnt9-VHkehQ">https://youtu.be/hnt9-VHkehQ</a>
0575	Thought cannot realise the Dhamma which is beyond thought & time. To awaken you need the silent mind	<a href="https://youtu.be/veyKusaIvhc">https://youtu.be/veyKusaIvhc</a>
0576	Awareness nature is at the heart, not in the brain	<a href="https://youtu.be/F0fQpof8lZO">https://youtu.be/F0fQpof8lZO</a>
0577	Understanding Fear	<a href="https://youtu.be/9AGmEpTQVBE">https://youtu.be/9AGmEpTQVBE</a>
0578	Understanding the Mindfulness of Dhamma	<a href="https://youtu.be/9AGmEpTQVBE">https://youtu.be/9AGmEpTQVBE</a>
0579	3 wisdom hallmarks of the 6th Patriarch (Master Hui Neng)	<a href="https://youtu.be/vg1h6r2AXu4">https://youtu.be/vg1h6r2AXu4</a>
0580	Sakkayaditthi- self delusion	<a href="https://youtu.be/QRR7xD90JzY">https://youtu.be/QRR7xD90JzY</a>



0581	How living beings come into the world & understand cultivation through trinity triangle to live life	<a href="https://youtu.be/holr1Q00amQ">https://youtu.be/holr1Q00amQ</a>
0582	Understand the meaning of conditions arising	<a href="https://youtu.be/rj4SU11mF1U">https://youtu.be/rj4SU11mF1U</a>
0583	Trace the origination factors of why the mind stirs?	<a href="https://youtu.be/j8PQzC-jxaM">https://youtu.be/j8PQzC-jxaM</a>
0584	True mind is with you all the time.	<a href="https://youtu.be/Gv3Gpb8JZWk">https://youtu.be/Gv3Gpb8JZWk</a>
0585	Why must we resolve issues amicably?	<a href="https://youtu.be/XFkzDaNeYSY">https://youtu.be/XFkzDaNeYSY</a>
0586	Memory is not wisdom	<a href="https://youtu.be/ipoJwDjGRpU">https://youtu.be/ipoJwDjGRpU</a>
0587	What is the mundane mind?	<a href="https://youtu.be/Vd-VM6n0XsM">https://youtu.be/Vd-VM6n0XsM</a>
0588	How to See Beyond Form and Beyond Mind	<a href="https://youtu.be/j9sbr14HezM">https://youtu.be/j9sbr14HezM</a>
0589	Why is it not easy to recognise the true mind?	<a href="https://youtu.be/HGUaaGWyFU4">https://youtu.be/HGUaaGWyFU4</a>
0590	Creation Process: How amazing that all dhamma comes from this self-nature /true nature	<a href="https://youtu.be/SKGq1xLOYA">https://youtu.be/SKGq1xLOYA</a>
0591	4 stages of creation: Pure awareness nature does not fall back or return to the mundane mind	<a href="https://youtu.be/HrtZPbQHV08">https://youtu.be/HrtZPbQHV08</a>
0592	The 4 circles creation enables both Sainthood and Bodhisattva Way cultivation to be understood	<a href="https://youtu.be/zsm904pqypc">https://youtu.be/zsm904pqypc</a>
0593	Emptiness, Sunnata & Anatta	<a href="https://youtu.be/W4J09WIF2Sk">https://youtu.be/W4J09WIF2Sk</a>
0594	Without the Pure Awareness nature within, we can be easily deluded by our senses and thoughts	<a href="https://youtu.be/jJ-1erMAHXA">https://youtu.be/jJ-1erMAHXA</a>
0595	Will true blessings bring you luck	<a href="https://youtu.be/bxRkfjoQ1u0">https://youtu.be/bxRkfjoQ1u0</a>
0596	The Importance of Sincere Repentance and Asking for Forgiveness	<a href="https://youtu.be/8DPKt-ZOLYo">https://youtu.be/8DPKt-ZOLYo</a>
0597	Through life experiences, we can understand Dharma better	<a href="https://youtu.be/MGEWb9tK8eI">https://youtu.be/MGEWb9tK8eI</a>
0598	Unless you have penetrated the Dharma, you will not understand life	<a href="https://youtu.be/XPwR4uBnD9w">https://youtu.be/XPwR4uBnD9w</a>
0599	Happiness is within you; you hold the key to your own life's destiny	<a href="https://youtu.be/o8RgRNxkCck">https://youtu.be/o8RgRNxkCck</a>
0600	How to Listen Attentively	<a href="https://youtu.be/LKmmiND4ZS0">https://youtu.be/LKmmiND4ZS0</a>
0601	The Difference Between Anapanasati and One-pointedness Meditation	<a href="https://youtu.be/9BNxXQ4BLY">https://youtu.be/9BNxXQ4BLY</a>
0602	How to develop Sati through Bowing	<a href="https://youtu.be/C00a0YZJtRU">https://youtu.be/C00a0YZJtRU</a>
0603	You must cultivate with UNDERSTANDING. Without it, you can't progress!	<a href="https://youtu.be/08b-lTPZuvk">https://youtu.be/08b-lTPZuvk</a>
0604	Don't listen to your thoughts. Apply the Kalama Sutta to what your thoughts are telling you	<a href="https://youtu.be/06KxioYuQb0">https://youtu.be/06KxioYuQb0</a>
0605	Develop mindfulness-based meditation to understand both the true mind and the mundane mind	<a href="https://youtu.be/cd80-frUA4t">https://youtu.be/cd80-frUA4t</a>
0606	Mind enter Sati	<a href="https://youtu.be/FQsj4e_Z1e0">https://youtu.be/FQsj4e_Z1e0</a>
0607	As you age, avoid sitting for too long in the seated meditation posture	<a href="https://youtu.be/2SsmuuzUskc">https://youtu.be/2SsmuuzUskc</a>
0608	If you understand this, your life will be transformed and filled with happiness	<a href="https://youtu.be/8Qig9cLccxM">https://youtu.be/8Qig9cLccxM</a>
0609	Understand cultivation via direct seeing & Dhamma contemplation, & not via reasoning or analysis	<a href="https://youtu.be/o0kFoEvLrBk">https://youtu.be/o0kFoEvLrBk</a>
0610	Develop this inner awareness or mindfulness within yourself	<a href="https://youtu.be/xespsAgMsnU">https://youtu.be/xespsAgMsnU</a>
0611	Understanding Sense bases and Sense door consciousness	<a href="https://youtu.be/suCHG1Ge3jI">https://youtu.be/suCHG1Ge3jI</a>
0612	Deep meaning of Not knowing, Don't try to know and Don't try to do anything while in Meditation.	<a href="https://youtu.be/MJoERcTuv_E">https://youtu.be/MJoERcTuv_E</a>
0613	What is this Buddha Nature (or True Nature) which is within each and every one of us	<a href="https://youtu.be/W0-j50etWEk">https://youtu.be/W0-j50etWEk</a>
0614	The real meditation and beauty of a silent mind	<a href="https://youtu.be/Uz3C4x6f3hM">https://youtu.be/Uz3C4x6f3hM</a>
0615	Is it possible not to think?	<a href="https://youtu.be/TjqWoEANpuA">https://youtu.be/TjqWoEANpuA</a>
0616	How to develop tranquility of mind to realize the true mind, leading to heedful living.	<a href="https://youtu.be/X0swRk1Jf4MY">https://youtu.be/X0swRk1Jf4MY</a>
0617	How to heal your body and mind, leading to improved health through meditation	<a href="https://youtu.be/pCCcJDRIFdk">https://youtu.be/pCCcJDRIFdk</a>
0618	Lying down meditation is the most relaxing posture when you have the understanding	<a href="https://youtu.be/Fi8ND-KogI">https://youtu.be/Fi8ND-KogI</a>



0619	Your ability to relax depends on your Dhamma understanding	<a href="https://youtu.be/H83DdLBgM6o">https://youtu.be/H83DdLBgM6o</a>
0620	Realizing the oneness nature	<a href="https://youtu.be/cU0G3GZG4ts">https://youtu.be/cU0G3GZG4ts</a>
0621	Oneness nature's movements via trust.	<a href="https://youtu.be/WdbGs6sqIxB">https://youtu.be/WdbGs6sqIxB</a>
0622	Mindfulness of the body (kayanupassana - cultivation of the six categories)	<a href="https://youtu.be/iGcPhvdaxD4">https://youtu.be/iGcPhvdaxD4</a>
0623	Mindfulness of feeling (vedananupassana) - without Mindfulness you can't do it.	<a href="https://youtu.be/9vctasD9rTQ">https://youtu.be/9vctasD9rTQ</a>
0624	Trust the nature to develop the understanding without intervention from thought	<a href="https://youtu.be/CABh8UjQCrS">https://youtu.be/CABh8UjQCrS</a>
0625	The manifestation from the awareness nature is truly amazing when cultivated correctly	<a href="https://youtu.be/PHakP8EhzYA">https://youtu.be/PHakP8EhzYA</a>
0626	To awaken, access the true mind through silent inner awareness	<a href="https://youtu.be/aUJwDd3UcU4">https://youtu.be/aUJwDd3UcU4</a>
0627	What are the 7th and 8th consciousness?	<a href="https://youtu.be/nIjRyDfxhdQ">https://youtu.be/nIjRyDfxhdQ</a>
0628	The awareness nature is aware of chanting but no one is chanting	<a href="https://youtu.be/NoLBPacIjRy">https://youtu.be/NoLBPacIjRy</a>
0629	Affinity from past cultivation can lead to faith and understanding	<a href="https://youtu.be/WfKHx_DSwa8">https://youtu.be/WfKHx_DSwa8</a>
0630	Understanding the deeper meaning of Sila, or morality	<a href="https://youtu.be/rh3nyoeirZI">https://youtu.be/rh3nyoeirZI</a>
0631	What is Samadhi, and how can it lead to wisdom?	<a href="https://youtu.be/0kWSkfz4xg0">https://youtu.be/0kWSkfz4xg0</a>
0632	The deeper meaning of Panna (Wisdom)	<a href="https://youtu.be/vMdzT4X-GYg">https://youtu.be/vMdzT4X-GYg</a>
0633	The 3 sets of Pure Precepts of a Bodhisattva	<a href="https://youtu.be/PTUicsiuH0c">https://youtu.be/PTUicsiuH0c</a>
0634	Awareness-based meditation to realize the true mind: silent, wordless awakening via direct seeing	<a href="https://youtu.be/GhaoGFAW0s0">https://youtu.be/GhaoGFAW0s0</a>
0635	Trust the Inner Silent Awareness Nature to locate the 'gateway' to our True nature	<a href="https://youtu.be/vLqg3SSlwhW">https://youtu.be/vLqg3SSlwhW</a>
0636	How to overcome mental hindrances in meditation to progress to higher stages of cultivation	<a href="https://youtu.be/aKChjggGQx0">https://youtu.be/aKChjggGQx0</a>
0637	Giving fearlessness is meritorious, as much suffering is primarily triggered by fear	<a href="https://youtu.be/kM0TmLfmZtg">https://youtu.be/kM0TmLfmZtg</a>
0638	Avoiding all evils requires understanding developed through stable mindfulness	<a href="https://youtu.be/y1CsUf_prBI">https://youtu.be/y1CsUf_prBI</a>
0639	The ability to be aware is the beginning of the cultivation	<a href="https://youtu.be/MKpMZaY8qoE">https://youtu.be/MKpMZaY8qoE</a>
0640	What is the Correct Way to Overcome Mental Hindrances in Meditation?	<a href="https://youtu.be/q9Jh058-lbw">https://youtu.be/q9Jh058-lbw</a>
0641	Patient endurance must be supported by wisdom	<a href="https://youtu.be/4p1rqBlQpd0">https://youtu.be/4p1rqBlQpd0</a>
0642	What is Virya (Spiritual Zeal)?	<a href="https://youtu.be/IUufwYWu62w">https://youtu.be/IUufwYWu62w</a>
0643	What is the true Samadhi as defined by the Buddha?	<a href="https://youtu.be/riQC41MaKdQ">https://youtu.be/riQC41MaKdQ</a>
0644	Transform consciousness into Samadhi to realize the true mind through profound understanding	<a href="https://youtu.be/Y6imwMRIx4">https://youtu.be/Y6imwMRIx4</a>
0645	How can one overcome insomnia through mindfulness and relaxation	<a href="https://youtu.be/3eVWRXnLh2o">https://youtu.be/3eVWRXnLh2o</a>
0646	Stability of an Awareness-Based Meditative Mind Will Prevent You from Falling Back into Old Habits	<a href="https://youtu.be/R76vww2ysME">https://youtu.be/R76vww2ysME</a>
0647	How can one develop awareness-based meditation?	<a href="https://youtu.be/dhFLwdpTbc8">https://youtu.be/dhFLwdpTbc8</a>
0648	3 stages of Dharma (Pariyatti, Patipatti, Pativedha)	<a href="https://youtu.be/2TFn18I24AQ">https://youtu.be/2TFn18I24AQ</a>
0649	This Form & Mind are NOT You	<a href="https://youtu.be/-cWkbIv36j0">https://youtu.be/-cWkbIv36j0</a>
0650	What is Virtuous Nature?	<a href="https://youtu.be/KToT9GM2mJ0">https://youtu.be/KToT9GM2mJ0</a>
0651	Inquire with a silent mind: Who are you? What are you?	<a href="https://youtu.be/SP7E0Fjrg1A">https://youtu.be/SP7E0Fjrg1A</a>
0652	Inquiry Process: How do thoughts arise or come into being?	<a href="https://youtu.be/Va5z8XFbpps">https://youtu.be/Va5z8XFbpps</a>
0653	Five Stages of Bodhi Mind Development	<a href="https://youtu.be/etISv3MJehE">https://youtu.be/etISv3MJehE</a>
0654	Inquire with a Silent Mind	<a href="https://youtu.be/1Jn_3MGT67Y">https://youtu.be/1Jn_3MGT67Y</a>
0655	How can one be aware without thoughts?	<a href="https://youtu.be/h97DbJDmyhI">https://youtu.be/h97DbJDmyhI</a>
0656	Meditative mind state leading to Specific Phenomena Awareness	<a href="https://youtu.be/NOj1_frWZx8">https://youtu.be/NOj1_frWZx8</a>
0657	Application of the Noble Eightfold Path	<a href="https://youtu.be/qbuaHtD7hj4">https://youtu.be/qbuaHtD7hj4</a>
0658	How to develop stable sati? When sense activity arises, just be aware and let it pass.	<a href="https://youtu.be/2FG2ZqIWIZY">https://youtu.be/2FG2ZqIWIZY</a>
0659	What is truth? Truth is the Reality	<a href="https://youtu.be/2Z11o17IPfE">https://youtu.be/2Z11o17IPfE</a>



0660	Upekkha, supported by wisdom, is the 7th factor of enlightenment	<a href="https://youtu.be/8uQqGFZwAw">https://youtu.be/8uQqGFZwAw</a>
0661	Right duty in the midst of life is right Dhamma: the conditioned Dhamma and the unconditioned Dhamma	<a href="https://youtu.be/VaU-Thck0Dg">https://youtu.be/VaU-Thck0Dg</a>
0662	How can one train the mind to develop awareness-based meditation?	<a href="https://youtu.be/56wMBCmHR3g">https://youtu.be/56wMBCmHR3g</a>
0663	What is this space between thoughts?	<a href="https://youtu.be/G-vt8ia7nXo">https://youtu.be/G-vt8ia7nXo</a>
0664	The cultivation process involves developing increasingly more space between thoughts	<a href="https://youtu.be/MTThI6Qt50Y">https://youtu.be/MTThI6Qt50Y</a>
0665	The space between thoughts is wisdom energy	<a href="https://youtu.be/D2okF2L9ayU">https://youtu.be/D2okF2L9ayU</a>
0666	True Dhamma is never separate from the true nature, the essence of the mind	<a href="https://youtu.be/LktyACG-EI1">https://youtu.be/LktyACG-EI1</a>
0667	Mindfulness training to recognize one's wrong thoughts and habitual tendencies is very important	<a href="https://youtu.be/Y5aXKVX1bnE">https://youtu.be/Y5aXKVX1bnE</a>
0668	With stable inner awareness, the Dhamma will naturally unfold	<a href="https://youtu.be/hJoZ4ED-kuQ">https://youtu.be/hJoZ4ED-kuQ</a>
0669	Clear comprehension of Sincerity of Purpose, Suitability, Domain of Meditation & non-delusion	<a href="https://youtu.be/1TdonQy9at8">https://youtu.be/1TdonQy9at8</a>
0670	The mundane mind, when it realizes itself, ceases to realize the true mind	<a href="https://youtu.be/L32Q21BL0M0">https://youtu.be/L32Q21BL0M0</a>
0671	The Art of Listening	<a href="https://youtu.be/LYQMjYri0oA">https://youtu.be/LYQMjYri0oA</a>
0672	How a true cultivator would react when their loved ones are in a critical stage	<a href="https://youtu.be/TX4NI4H8uzM">https://youtu.be/TX4NI4H8uzM</a>
0673	The power of chanting the Mangala Sutta and the Dhammacakkappavattana Sutta	<a href="https://youtu.be/vaJ4XkGRurQ">https://youtu.be/vaJ4XkGRurQ</a>
0674	Two ways of cultivation: the Path of Faith and Affinity, or the Path of Wisdom	<a href="https://youtu.be/uppgE81TJtQ">https://youtu.be/uppgE81TJtQ</a>
0675	Don't be too eager to know whether you have progressed. Just stabilize your daily mindfulness	<a href="https://youtu.be/nbMvUfS15WU">https://youtu.be/nbMvUfS15WU</a>
0676	Suttas are merely words pointing toward enlightenment	<a href="https://youtu.be/V8K-RIRov7I">https://youtu.be/V8K-RIRov7I</a>
0677	If you don't train the mind, you will think alot, and that will make you heedless	<a href="https://youtu.be/wfJuByleo4U">https://youtu.be/wfJuByleo4U</a>
0678	Theravada and Mahayana teachings are same dhamma if you can understand	<a href="https://youtu.be/W8YIu7Lq1rU">https://youtu.be/W8YIu7Lq1rU</a>
0679	Wisdom is incomplete without the cultivation of the Noble Eightfold Path	<a href="https://youtu.be/caN2P3Qs2FA">https://youtu.be/caN2P3Qs2FA</a>
0680	Afflictions in life are very real. Without afflictions, you won't learn	<a href="https://youtu.be/DV1cON41NF4">https://youtu.be/DV1cON41NF4</a>
0681	Requesting forgiveness to clear karmic obstructions	<a href="https://youtu.be/_8tmy4t6TNg">https://youtu.be/_8tmy4t6TNg</a>
0682	Rooting out defilements through understanding of the Dharma	<a href="https://youtu.be/pqp-aD3o2Lg">https://youtu.be/pqp-aD3o2Lg</a>
0683	Mind without dwelling is spacious and pure. Only then can the true mind arise. 应无所住，而生其心	<a href="https://youtu.be/g119uy2r9ws">https://youtu.be/g119uy2r9ws</a>
0684	Why are making great vows so important in our cultivation?	<a href="https://youtu.be/ooAznppe7hc">https://youtu.be/ooAznppe7hc</a>
0685	Understanding mind-to-mind seal and listening from the heart begins the highest cultivation	<a href="https://youtu.be/1HhPQJKfBR4">https://youtu.be/1HhPQJKfBR4</a>
0686	3 key things in cultivation: Are you sincere? Do you have the faith? Are you willing to persevere?	<a href="https://youtu.be/LoT6M0p0u1o">https://youtu.be/LoT6M0p0u1o</a>
0687	Dana (Generosity) Sila (Morality) Bhavana (Meditation)	<a href="https://youtu.be/9vUURXANLcY">https://youtu.be/9vUURXANLcY</a>
0688	Stabilize Your Daily Mindfulness through a Daily Religious Routine	<a href="https://youtu.be/LEhpdkPz33c">https://youtu.be/LEhpdkPz33c</a>
0689	Seek the ultimate truth, not superstition	<a href="https://youtu.be/L1HBh2yqxWE">https://youtu.be/L1HBh2yqxWE</a>
0690	Five Spiritual Faculties & the Five mental Hindrances	<a href="https://youtu.be/quy40UpzLis">https://youtu.be/quy40UpzLis</a>
0691	The Importance of kalyanamittas in Cultivation	<a href="https://youtu.be/1JZjNrWYd6Q">https://youtu.be/1JZjNrWYd6Q</a>
0692	What is the Ultimate Meaning of Emptiness in the Heart Sutra	<a href="https://youtu.be/02AFMRm1gDE">https://youtu.be/02AFMRm1gDE</a>
0693	Why Mahayana teachings are not easy to understand	<a href="https://youtu.be/K7BBRyS4FjI">https://youtu.be/K7BBRyS4FjI</a>
0694	The Deeper Meaning of 2 Aspects of the 5 Aggregates of Form and Mind Life	<a href="https://youtu.be/447m-iedqmY">https://youtu.be/447m-iedqmY</a>
0695	If you don't realize the true enlightenment, you cannot be free from the cycle of birth and death	<a href="https://youtu.be/yLImTKtQSig">https://youtu.be/yLImTKtQSig</a>
0696	Ways of Mindfulness Training to Realize the True Sati	<a href="https://youtu.be/R5nhzBtSn4c">https://youtu.be/R5nhzBtSn4c</a>
0697	How to develop mindfulness in Meditation	<a href="https://youtu.be/-J_7V13q2i8">https://youtu.be/-J_7V13q2i8</a>



0698	Why couldn't Shenxiu 神秀 attain True Enlightenment via realizing the Cessation of Form and Mind?	<a href="https://youtu.be/L8XzG1pX7Q">https://youtu.be/L8XzG1pX7Q</a>
0699	What did Huineng 慧能 realize through his Awakening?	<a href="https://youtu.be/BM8ecp0iXtc">https://youtu.be/BM8ecp0iXtc</a>
0700	To use the Mind and yet be free from any Attachment via not be deluded by it is True Wisdom 应无所住而生其心	<a href="https://youtu.be/kz7cfEZ74Hg">https://youtu.be/kz7cfEZ74Hg</a>
0701	Sudden Awakening vs. Gradual Awakening	<a href="https://youtu.be/oNySA07hXK8">https://youtu.be/oNySA07hXK8</a>
0702	How to Relax and realize True Sati	<a href="https://youtu.be/A5q4kk1UA1s">https://youtu.be/A5q4kk1UA1s</a>
0703	Why Enlightenment cannot be Forced or attained through Intention?	<a href="https://youtu.be/pAtKzGiU0ic">https://youtu.be/pAtKzGiU0ic</a>
0704	Cessation cannot occur when thought is active	<a href="https://youtu.be/cSQCxiNjG6A">https://youtu.be/cSQCxiNjG6A</a>
0705	Perception of form is consciousness whereas its non-perception is wisdom	<a href="https://youtu.be/fdTIGm6uNzA">https://youtu.be/fdTIGm6uNzA</a>
0706	The Truth Dharma must deliver from the Heart	<a href="https://youtu.be/MiMSKnFkMMk">https://youtu.be/MiMSKnFkMMk</a>
0707	When it comes to cultivation, don't look down on your nature	<a href="https://youtu.be/wxZi6U2F_k0">https://youtu.be/wxZi6U2F_k0</a>
0708	Your trapped consciousness can only be released when you are fully relaxed, and without any thought	<a href="https://youtu.be/7hn8u7Fwegc">https://youtu.be/7hn8u7Fwegc</a>
0709	Is there a specific posture for lying down meditation?	<a href="https://youtu.be/Ni_INMs-M_U">https://youtu.be/Ni_INMs-M_U</a>
0710	Ways to overcome unwholesome thoughts	<a href="https://youtu.be/JqRSRHdh_6U">https://youtu.be/JqRSRHdh_6U</a>
0711	When negative emotions arise, stay aware and be with the emotion to develop the understanding	<a href="https://youtu.be/HTeby29yMnc">https://youtu.be/HTeby29yMnc</a>
0712	Spiritual Happiness, Spiritual Wealth & Peacefulness of Mind	<a href="https://youtu.be/muGicw8fq-8">https://youtu.be/muGicw8fq-8</a>
0713	UNDERSTANDING Avijja Sutta	<a href="https://youtu.be/hC_omBvNgMc">https://youtu.be/hC_omBvNgMc</a>
0714	Three Mental criteria to Attain the Highest Merits	<a href="https://youtu.be/vkeYgCkjtGl">https://youtu.be/vkeYgCkjtGl</a>
0715	Developing understanding before you begin to cultivate is very important	<a href="https://youtu.be/X3P05z1uM48">https://youtu.be/X3P05z1uM48</a>
0716	The problem arises when you perceive a situation with negativity	<a href="https://youtu.be/jTEG8dfKqCl">https://youtu.be/jTEG8dfKqCl</a>
0717	Is Ambition a Craving	<a href="https://youtu.be/kgb0lLsRHzE">https://youtu.be/kgb0lLsRHzE</a>
0718	Letting things be means embracing everything that has happened without reacting with negativity	<a href="https://youtu.be/oRC-717FpB0">https://youtu.be/oRC-717FpB0</a>
0719	Delusion starts with one wrong thought, and then a whole chain of wrong thoughts follows	<a href="https://youtu.be/YAZFQEKl8Uw">https://youtu.be/YAZFQEKl8Uw</a>
0720	Cultivation is a never-ending path	<a href="https://youtu.be/Wucll2nwABM">https://youtu.be/Wucll2nwABM</a>
0721	Understanding the Shift of Consciousness	<a href="https://youtu.be/9DpUvphBn9o">https://youtu.be/9DpUvphBn9o</a>
0722	Understanding the Stages of Creation via the Four Circles Formation	<a href="https://youtu.be/7XoqEgP2Hzs">https://youtu.be/7XoqEgP2Hzs</a>
0723	Training the mind begins with developing heedfulness, which leads to a very stable inner awareness	<a href="https://youtu.be/udm45C550SQ">https://youtu.be/udm45C550SQ</a>
0724	Human beings tend to react to sensory experiences out of ignorance	<a href="https://youtu.be/IWCuJm2tsg4">https://youtu.be/IWCuJm2tsg4</a>
0725	Why is thought limited	<a href="https://youtu.be/jeX0PWUHDeY">https://youtu.be/jeX0PWUHDeY</a>
0726	Awareness can observe thought, but thought cannot observe awareness	<a href="https://youtu.be/Pjgv2Axaauo">https://youtu.be/Pjgv2Axaauo</a>
0727	You must have an Open Mind to receive the Truth	<a href="https://youtu.be/aWdUPMM48Hw">https://youtu.be/aWdUPMM48Hw</a>
0728	Training daily mindfulness by placing your awareness on bodily movements (Kayanupasana)	<a href="https://youtu.be/LhNB6NzXkRc">https://youtu.be/LhNB6NzXkRc</a>
0729	Thoughts are response to memories. Then how should we use thoughts?	<a href="https://youtu.be/Bm4HVo3wv8E">https://youtu.be/Bm4HVo3wv8E</a>
0730	With clear sati, you can realize your true mind and see all links of dependent origination	<a href="https://youtu.be/uew-ljw-wPQ">https://youtu.be/uew-ljw-wPQ</a>
0731	Whenever you are not at peace or happy, the roots of greed, hatred, and delusion are present	<a href="https://youtu.be/xf0Vt1QwCkK">https://youtu.be/xf0Vt1QwCkK</a>
0732	What actually returns to the Source?	<a href="https://youtu.be/gANiA6fUalo">https://youtu.be/gANiA6fUalo</a>
0733	How one interprets each life situation or phenomenon that arises within the moment is crucial	<a href="https://youtu.be/I9eVX6KFPHO">https://youtu.be/I9eVX6KFPHO</a>
0734	You must vow to meet and recognize all enlightened beings	<a href="https://youtu.be/KBOM9rgfpy8">https://youtu.be/KBOM9rgfpy8</a>
0735	The meaning of Sadhu	<a href="https://youtu.be/pYUcQ0IJ_04">https://youtu.be/pYUcQ0IJ_04</a>



0736	Don't believe your thought	<a href="https://youtu.be/jzd3Y2ukt0E">https://youtu.be/jzd3Y2ukt0E</a>
0737	Question your Wrong Thoughts	<a href="https://youtu.be/-jkrA0VvqVA">https://youtu.be/-jkrA0VvqVA</a>
0738	Thought is only a response from memory	<a href="https://youtu.be/KrG7QPA0vKE">https://youtu.be/KrG7QPA0vKE</a>
0739	Have faith in the Dharma and your nature, be sincere and perservere. Don't worry about your progress.	<a href="https://youtu.be/McBxnQ_0jLs">https://youtu.be/McBxnQ_0jLs</a>
0740	The Buddha's advice on reflecting on the loss of a loved one	<a href="https://youtu.be/rrMGE6G468">https://youtu.be/rrMGE6G468</a>
0741	Important Notes on Lying Down Meditation	<a href="https://youtu.be/_A-MAyBPLaE">https://youtu.be/_A-MAyBPLaE</a>
0742	True Suchness 如如不动	<a href="https://youtu.be/sWfyVdmqSnw">https://youtu.be/sWfyVdmqSnw</a>
0743	Sati can lead one back to the source from which all creation arise	<a href="https://youtu.be/w34quovV0R8">https://youtu.be/w34quovV0R8</a>
0744	Your thoughts actitives and emotions are what obscure the true mind or nature from shinning forth	<a href="https://youtu.be/K2p0L3t0Tm4">https://youtu.be/K2p0L3t0Tm4</a>
0745	For anything to happen, many conditions must align. Embracing all that occurs reflects true wisdom	<a href="https://youtu.be/RQuG7arzQE4">https://youtu.be/RQuG7arzQE4</a>
0746	Where got mind?	<a href="https://youtu.be/E64h0A8TTIY">https://youtu.be/E64h0A8TTIY</a>
0747	How to Cultivate the Second Turning Wisdom of Contemplation and Reflection	<a href="https://youtu.be/-FMCS9PJqNA">https://youtu.be/-FMCS9PJqNA</a>
0748	The Law of Dependent Origination is multidimensional	<a href="https://youtu.be/G9EBP908sY4">https://youtu.be/G9EBP908sY4</a>
0749	Understanding Why Knowledge Bind (所知障) and Worry Bind (烦恼障) Arise	<a href="https://youtu.be/7ZQWUkytyMo">https://youtu.be/7ZQWUkytyMo</a>
0750	What Happens When Sati has Stabilized/Arises	<a href="https://youtu.be/0wBYAPIY8Z4">https://youtu.be/0wBYAPIY8Z4</a>
0751	Attentiveness is silent awareness before the Knowing	<a href="https://youtu.be/AkhIR3-0emY">https://youtu.be/AkhIR3-0emY</a>
0752	Rejoicing will open up your heart	<a href="https://youtu.be/10h7ISs_g3Q">https://youtu.be/10h7ISs_g3Q</a>
0753	How can Transformation Happen?	<a href="https://youtu.be/u0hsTQf thUQ">https://youtu.be/u0hsTQf thUQ</a>
0754	How to Live Life following the Surangama Sutra's teaching	<a href="https://youtu.be/_VdryTISHis">https://youtu.be/_VdryTISHis</a>
0755	The Fire sermon - Everything is Burning	<a href="https://youtu.be/2ab53eDKy_w">https://youtu.be/2ab53eDKy_w</a>
0756	18 Sense Realms	<a href="https://youtu.be/Qbe064U-Ajc">https://youtu.be/Qbe064U-Ajc</a>
0757	Understand it's just a thought— it comes and goes. How can it have power to make you miserable?	<a href="https://youtu.be/3nEdJYJS4qk">https://youtu.be/3nEdJYJS4qk</a>
0758	Heedfulness must be stabilized and sustained until one is ever mindful	<a href="https://youtu.be/rGA_qqno_h4">https://youtu.be/rGA_qqno_h4</a>
0759	What is the Mediation as taught by the Buddha?	<a href="https://youtu.be/dnk6mhD7Urs">https://youtu.be/dnk6mhD7Urs</a>
0760	The vows of Guan Yin Bodhisattva 观音菩萨 are very powerful and have helped me before	<a href="https://youtu.be/vhFpRqZKJy8">https://youtu.be/vhFpRqZKJy8</a>
0761	The most Lucid explanation of the 12 Links of Dependent Origination (Paṭicca Samuppāda)	<a href="https://youtu.be/bm9TbAJ9BIM">https://youtu.be/bm9TbAJ9BIM</a>
0762	Don't stir your mind, avoid labeling sensations, just stay with them. Transformation will happen	<a href="https://youtu.be/LeK7EZY5odk">https://youtu.be/LeK7EZY5odk</a>
0763	Why does an enlightened being seldom think? Because they have transcended avijjā (ignorance).	<a href="https://youtu.be/0QbTBtfyYaY">https://youtu.be/0QbTBtfyYaY</a>
0764	When you are aware that you are heedless, that very movement of attention is awareness	<a href="https://youtu.be/DF7QpmKKqD4">https://youtu.be/DF7QpmKKqD4</a>
0765	Whenever you are not peaceful, unhappy or miserable, the wrong thoughts are there	<a href="https://youtu.be/nZ402oNW_f8">https://youtu.be/nZ402oNW_f8</a>
0766	With Awareness, you have space between thoughts	<a href="https://youtu.be/0xZCdVIYZ78">https://youtu.be/0xZCdVIYZ78</a>
0767	If you don't know who you are, then who is living your life? Deluded thoughts are living your life	<a href="https://youtu.be/R1uLuiYyOAM">https://youtu.be/R1uLuiYyOAM</a>
0768	Silence is the essence of our Nature or True Mind'	<a href="https://youtu.be/lg8jMbURfVA">https://youtu.be/lg8jMbURfVA</a>
0769	The more relaxed you are, the easier it is to enter deep meditation	<a href="https://youtu.be/YnyH81kXoek">https://youtu.be/YnyH81kXoek</a>
0770	Sati is the Silent, Choice-less Observation of What Is	<a href="https://youtu.be/DonCEONHUKI">https://youtu.be/DonCEONHUKI</a>
0771	Is this Sati?	<a href="https://youtu.be/BbQV-vH-QSY">https://youtu.be/BbQV-vH-QSY</a>
0772	Vigilance or Awareness is NOT Disciplined or Focused Attention	<a href="https://youtu.be/u0_f5wKEbDM">https://youtu.be/u0_f5wKEbDM</a>
0773	Space between Thoughts	<a href="https://youtu.be/80SrGm1ZBNs">https://youtu.be/80SrGm1ZBNs</a>



0774	How the Mystery of Life Unfolds	<a href="https://youtu.be/AjgrhFGFucl">https://youtu.be/AjgrhFGFucl</a>
0775	A problem is never solved on its own level; being complex it must be understood in its total process	<a href="https://youtu.be/8_LvxpJl zFM">https://youtu.be/8_LvxpJl zFM</a>
0776	Using the Trinity triangle to Understand Cultivation	<a href="https://youtu.be/q99JEkQyRCw">https://youtu.be/q99JEkQyRCw</a>
0777	Training the Mind	<a href="https://youtu.be/s3fWYr l r fA">https://youtu.be/s3fWYr l r fA</a>
0778	You need to develop sensitivity to every body movement to stabilize your Sati	<a href="https://youtu.be/Q0JJr0c_Bp4">https://youtu.be/Q0JJr0c_Bp4</a>
0779	Understanding Spiritual and Karmic Nature	<a href="https://youtu.be/8sJe6Evqg4U">https://youtu.be/8sJe6Evqg4U</a>
0780	The 5 stages of Bodhi Mind Development	<a href="https://youtu.be/7PtCveF0V58">https://youtu.be/7PtCveF0V58</a>
0781	The Beauty of the Bodhisattva Way	<a href="https://youtu.be/sMgn3Pb00-o">https://youtu.be/sMgn3Pb00-o</a>
0782	You must plant the seed of Bodhi well to be reminded of your Vows and Understanding Life after Life	<a href="https://youtu.be/LdCg4Ux_Ass">https://youtu.be/LdCg4Ux_Ass</a>
0783	Thought will be subject to Karma when you lack Wisdom	<a href="https://youtu.be/8__lq1049rQ">https://youtu.be/8__lq1049rQ</a>
0784	If you don't have Your Past Affinity, you will not be able to receive this Teaching	<a href="https://youtu.be/7yY0WeRm_fQ">https://youtu.be/7yY0WeRm_fQ</a>
0785	How to cultivate Walking Meditation?	<a href="https://youtu.be/XQd11Ms3Hns">https://youtu.be/XQd11Ms3Hns</a>
0786	Maintain inner Peace, Tranquillity, and Awareness for as Long as you can	<a href="https://youtu.be/9U1UwFvTjMY">https://youtu.be/9U1UwFvTjMY</a>
0787	Difference Between Awareness and Consciousness	<a href="https://youtu.be/HJF8NHopuG8">https://youtu.be/HJF8NHopuG8</a>
0788	The Experience of Awareness	<a href="https://youtu.be/VjuDDf_xch4">https://youtu.be/VjuDDf_xch4</a>
0789	You may be Conscious of life, but you are Not Necessarily Aware	<a href="https://youtu.be/Bn6a8mmVb_k">https://youtu.be/Bn6a8mmVb_k</a>
0790	Awareness is Beyond the Conscious Mind	<a href="https://youtu.be/rZWK0csi8tg">https://youtu.be/rZWK0csi8tg</a>
0791	Second Turning Wisdom is Crucial for Stabilizing your Understanding	<a href="https://youtu.be/MW5An40EmXE">https://youtu.be/MW5An40EmXE</a>
0792	Sankhara Sanna	<a href="https://youtu.be/hl-6CDuwzms">https://youtu.be/hl-6CDuwzms</a>
0793	My Direct Seeing Experience	<a href="https://youtu.be/wh5Knm i Aq9U">https://youtu.be/wh5Knm i Aq9U</a>
0794	Why Acting According to Memories Is Not Acting at All?	<a href="https://youtu.be/LEiNhQYJGlo">https://youtu.be/LEiNhQYJGlo</a>
0795	Understanding Mind to Mind Seal Transmission	<a href="https://youtu.be/sYprRHl gAXs">https://youtu.be/sYprRHl gAXs</a>
0796	To Stabilize one's Awareness, one must be Mindful and Aware at All Times	<a href="https://youtu.be/kgTfUC0i p qk">https://youtu.be/kgTfUC0i p qk</a>
0797	Don't worry about stability. Be natural; awareness will come	<a href="https://youtu.be/EAdD_YBYL0k">https://youtu.be/EAdD_YBYL0k</a>
0798	The Essential Understanding Needed for Progress in Cultivation	<a href="https://youtu.be/x9vVaoVLFzg">https://youtu.be/x9vVaoVLFzg</a>
0799	Awareness makes you more aware and sensitive	<a href="https://youtu.be/TuhMMUkhgqk">https://youtu.be/TuhMMUkhgqk</a>
0800	Through your delusion, you think everything you want is lasting and real	<a href="https://youtu.be/nvnAj MZXKew">https://youtu.be/nvnAj MZXKew</a>
0801	The 4th Daily Contemplation - Reality of Separation	<a href="https://youtu.be/bz1f j tuut l g">https://youtu.be/bz1f j tuut l g</a>
0802	Don't let this golden opportunity slip by.	<a href="https://youtu.be/DL4ASEZDCL I">https://youtu.be/DL4ASEZDCL I</a>
0803	You only need to cultivate affinity with Bodhisattvas, and they will guide you along the path	<a href="https://youtu.be/cqRc0t8ysQM">https://youtu.be/cqRc0t8ysQM</a>
0804	Without Awareness, we drift Heedlessly and Entangle ourselves, resulting in Suffering	<a href="https://youtu.be/nQzBZZZ4f JI">https://youtu.be/nQzBZZZ4f JI</a>
0805	Life is your greatest teacher. Without experiencing it, you cannot develop wisdom	<a href="https://youtu.be/5Sb28AqpzXQ">https://youtu.be/5Sb28AqpzXQ</a>
0806	Seeing the mind's reactions to sense experience, due to wrong views, brings wisdom	<a href="https://youtu.be/INc0f 3E3H2Y">https://youtu.be/INc0f 3E3H2Y</a>
0807	Complete explanation of the Four Circles Formation	<a href="https://youtu.be/w0A9_R8YyDk">https://youtu.be/w0A9_R8YyDk</a>
0808	Emptiness	<a href="https://youtu.be/5KZ00k4Nu l 4">https://youtu.be/5KZ00k4Nu l 4</a>
0809	How to cultivate wisdom to help liberate all sentient beings	<a href="https://youtu.be/hK7LmxoDU90">https://youtu.be/hK7LmxoDU90</a>
0810	Understand That You Have Two Minds	<a href="https://youtu.be/LaRu8 l p0qek">https://youtu.be/LaRu8 l p0qek</a>
0811	To Avoid All Evil, You Must Understand What Constitutes Evil	<a href="https://youtu.be/yfz70u9kkP0">https://youtu.be/yfz70u9kkP0</a>
0812	The 3 levels of Seeing	<a href="https://youtu.be/zHhxaHbwpcs">https://youtu.be/zHhxaHbwpcs</a>
0813	Explanation of the Song : Follow You to Roam the Universe (Buddhist Music) 陪你到天涯 Pei Ni Dou Tian Ya	<a href="https://youtu.be/t-QA6BLFTKU">https://youtu.be/t-QA6BLFTKU</a>



0814	Why Is Cultivating Strong Affinity with Buddhas and Bodhisattvas So Important?	<a href="https://youtu.be/l-MbcU03keA">https://youtu.be/l-MbcU03keA</a>
0815	Mindful of the moment	<a href="https://youtu.be/Dkqf71L9PIA">https://youtu.be/Dkqf71L9PIA</a>
0816	Even if I need to crawl I would still come to this retreat	<a href="https://youtu.be/ST0HbN97ZsE">https://youtu.be/ST0HbN97ZsE</a>
0817	The Last Support: Trust Your Nature to Do the Internal Meditative Movement	<a href="https://youtu.be/0k0pbNQT2UA">https://youtu.be/0k0pbNQT2UA</a>
0818	The belief that you are a permanent, unchanging entity is a Delusion	<a href="https://youtu.be/VtUyj_qgE5E">https://youtu.be/VtUyj_qgE5E</a>
0819	Understanding Greed (Lobha), Aversion (Dosa), and Delusion (Moha)	<a href="https://youtu.be/5pbTi5zQ0Gs">https://youtu.be/5pbTi5zQ0Gs</a>
0820	Everything is Dependent Originating and Condition Arising Dhamma	<a href="https://youtu.be/bEj7bSQHFyA">https://youtu.be/bEj7bSQHFyA</a>
0821	To truly live, we need to recognize the pristine beauty and wonders of life	<a href="https://youtu.be/vtjEFrnjINs">https://youtu.be/vtjEFrnjINs</a>
0822	The more stable your sati, the more tranquil and still your heart becomes 把你的心放得越大,就越没有烦恼	<a href="https://youtu.be/NF0V3GnM45s">https://youtu.be/NF0V3GnM45s</a>
0823	Whatever that can explain the way things are, is the Truth	<a href="https://youtu.be/_UvWW69xK4g">https://youtu.be/_UvWW69xK4g</a>
0824	The Unique Characteristics of our Pure Awareness Nature	<a href="https://youtu.be/vgLK6eQlwlQ">https://youtu.be/vgLK6eQlwlQ</a>
0825	You will experience this once you have the Understanding	<a href="https://youtu.be/EI36y3U90PI">https://youtu.be/EI36y3U90PI</a>
0826	Can you accept the reality of life and existence and then move on to resolve your problems amicably	<a href="https://youtu.be/EwjU0lqXKk">https://youtu.be/EwjU0lqXKk</a>
0827	This is not me anymore! That is the true understanding	<a href="https://youtu.be/Lu87SgfYU0o">https://youtu.be/Lu87SgfYU0o</a>
0828	You must contemplate the essential Dhamma until it becomes very clear	<a href="https://youtu.be/f8-g7WykHUU">https://youtu.be/f8-g7WykHUU</a>
0829	The Problem with Human Beings is that they live their lives in Disorder	<a href="https://youtu.be/kJoz90ml4Xk">https://youtu.be/kJoz90ml4Xk</a>
0830	Only when your heart is activated and opens can you truly experience Sati	<a href="https://youtu.be/4jTD6mZu60M">https://youtu.be/4jTD6mZu60M</a>
0831	This is how your Brain works	<a href="https://youtu.be/ouA1wAANTQM">https://youtu.be/ouA1wAANTQM</a>
0832	When you don't resist wrong thoughts, the body will heal itself	<a href="https://youtu.be/_Me_Ajfab8k">https://youtu.be/_Me_Ajfab8k</a>
0833	You will go crazy if you use psychological memories to live life	<a href="https://youtu.be/2FPjzC1QrCc">https://youtu.be/2FPjzC1QrCc</a>
0834	Choiceless Observation is Awareness before the Knowing	<a href="https://youtu.be/hz4VhZ1Z3ZA">https://youtu.be/hz4VhZ1Z3ZA</a>
0835	Awareness based Meditation is like a paradigm shift to me	<a href="https://youtu.be/ONZKh-vi8nI">https://youtu.be/ONZKh-vi8nI</a>
0836	Once you see the teaching it is as simple as flipping your palm, you'll progress	<a href="https://youtu.be/awZIUvkC7pQ">https://youtu.be/awZIUvkC7pQ</a>
0837	My First time laying down meditation was so Amazing	<a href="https://youtu.be/XJ_9udD6GtU">https://youtu.be/XJ_9udD6GtU</a>
0838	Craving for progress in cultivation will obstruct your progress	<a href="https://youtu.be/yus0BFTroaw">https://youtu.be/yus0BFTroaw</a>
0839	Realize the True Mind to Meditate and attain Profound Awakening	<a href="https://youtu.be/bVJ61_V0K-s">https://youtu.be/bVJ61_V0K-s</a>
0840	Understanding the 2 aspects of the 5 aggregates of Form & Mind to realise who you are & what you are!	<a href="https://youtu.be/dj0gm38ZMu0">https://youtu.be/dj0gm38ZMu0</a>
0841	4 Supports for Awareness based Meditation	<a href="https://youtu.be/mLQnY4FjGAs">https://youtu.be/mLQnY4FjGAs</a>
0842	Understanding the creation process from the original nature - source	<a href="https://youtu.be/mzscdbAZ8oc">https://youtu.be/mzscdbAZ8oc</a>
0843	Trinity chart to explain meditative training & cultivation	<a href="https://youtu.be/sTFc64TJp-g">https://youtu.be/sTFc64TJp-g</a>
0844	Thought is response to memory, there is no thinker behind the thought	<a href="https://youtu.be/FdBARIDLTWk">https://youtu.be/FdBARIDLTWk</a>
0845	How to realize our Self nature	<a href="https://youtu.be/CTIpGMIuSrs">https://youtu.be/CTIpGMIuSrs</a>
0846	Understanding Awareness Based Meditation	<a href="https://youtu.be/XgPaaR978uE">https://youtu.be/XgPaaR978uE</a>
0847	We have 2 minds-Mundane mind & True mind	<a href="https://youtu.be/WxgIElI1MyU">https://youtu.be/WxgIElI1MyU</a>
0848	Choiceless Awareness	<a href="https://youtu.be/1b0nbgXT_0c">https://youtu.be/1b0nbgXT_0c</a>
0849	5 mental hindrances	<a href="https://youtu.be/tXg_7YeAdeY">https://youtu.be/tXg_7YeAdeY</a>
0850	5 spiritual faculties	<a href="https://youtu.be/Ri9actVJcVg">https://youtu.be/Ri9actVJcVg</a>
0851	Meditation is just the silent mind being aware of what is going on within our form & mind	<a href="https://youtu.be/_2qtBf_4U">https://youtu.be/_2qtBf_4U</a>
0852	How we know and interact with the world	<a href="https://youtu.be/ltpcfGqbC4k">https://youtu.be/ltpcfGqbC4k</a>
0853	How do thoughts arise?	<a href="https://youtu.be/9FpiAPVAw3k">https://youtu.be/9FpiAPVAw3k</a>
0854	The 4 stages of creations. When mind arise, all creations arise.	<a href="https://youtu.be/dGG3H40e-gA">https://youtu.be/dGG3H40e-gA</a>
0855	Truth is simple. WHAT IS, is the reality.	<a href="https://youtu.be/s2net8ZRKd8">https://youtu.be/s2net8ZRKd8</a>



0856	Anapanasati in the context of the Satipatthana Sutta	<a href="https://youtu.be/aI_jRAaRzuw">https://youtu.be/aI_jRAaRzuw</a>
0857	Direct Seeing. See things as they are without labelling via our views, conditioning or belief system.	<a href="https://youtu.be/YRcJmKaemU4">https://youtu.be/YRcJmKaemU4</a>
0858	Anatta, means not a Permanent Unchanging Entity & Empty Nature of Existence	<a href="https://youtu.be/JKWKJWm_cvY">https://youtu.be/JKWKJWm_cvY</a>
0859	Thought-based meditation is not the type of meditation taught by the Buddha	<a href="https://youtu.be/sZqVfQcR0Xw">https://youtu.be/sZqVfQcR0Xw</a>
0860	Subjective vs. Objective Seeing	<a href="https://youtu.be/LLBG0QEhKZM">https://youtu.be/LLBG0QEhKZM</a>
0861	Kaya viveka, Citta viveka & Upadhi viveka	<a href="https://youtu.be/jkQuS9vpAUl">https://youtu.be/jkQuS9vpAUl</a>
0862	What is the Essence of the Buddha Teaching?	<a href="https://youtu.be/FVKeo1gaRYg">https://youtu.be/FVKeo1gaRYg</a>
0863	Why are the Four Noble Truths so important?	<a href="https://youtu.be/M7PqZfjBjuU">https://youtu.be/M7PqZfjBjuU</a>
0864	The Buddha never said that life is suffering	<a href="https://youtu.be/VaZaLLy_miQ">https://youtu.be/VaZaLLy_miQ</a>
0865	Meaning of Success in Life	<a href="https://youtu.be/vjzjblIjV84">https://youtu.be/vjzjblIjV84</a>
0866	Awareness-Based Realization to Transcend Life	<a href="https://youtu.be/Pico0RxpymQ">https://youtu.be/Pico0RxpymQ</a>
0867	Five Aggregates of Form & Mind	<a href="https://youtu.be/qLX_CVS8L08">https://youtu.be/qLX_CVS8L08</a>
0868	We fall into self-delusion because we believe the self is real	<a href="https://youtu.be/fmNwxLgJ6kI">https://youtu.be/fmNwxLgJ6kI</a>
0869	The Second Aspect of the Five Aggregates of Form and Mind	<a href="https://youtu.be/rF-UF0BDR0o">https://youtu.be/rF-UF0BDR0o</a>
0870	Is it Right for a Buddhist to be Ambitious?	<a href="https://youtu.be/tuCYHHWVnG0">https://youtu.be/tuCYHHWVnG0</a>
0871	True Samadhi is a Free Mind that is Collected and Unwavering	<a href="https://youtu.be/U8X1mbdNavM">https://youtu.be/U8X1mbdNavM</a>
0872	Seeing beyond form and understanding Nibbana	<a href="https://youtu.be/PrfqxSPzGJw">https://youtu.be/PrfqxSPzGJw</a>
0873	Train your Mind to be Mindful of All Bodily Postures, Actions, and Movements	<a href="https://youtu.be/ZGRYkVx0x8Q">https://youtu.be/ZGRYkVx0x8Q</a>
0874	The significance of keeping the Eight Precepts	<a href="https://youtu.be/IYeZ580vnAE">https://youtu.be/IYeZ580vnAE</a>
0875	Brief Explanation of Walking and Bowing Meditation, and Dhamma Contemplation/Reflection	<a href="https://youtu.be/9E9GdpRtunw">https://youtu.be/9E9GdpRtunw</a>
0876	Life Force - Pulse of Life	<a href="https://youtu.be/XAn43nZs80c">https://youtu.be/XAn43nZs80c</a>
0877	Sixth Patriarch - The Mind with No Dwelling	<a href="https://youtu.be/CeH7fI2D16Y">https://youtu.be/CeH7fI2D16Y</a>
0878	True Awakening and the Four Circles Formation for Understanding Creation	<a href="https://youtu.be/en8kRrhjmr8Rs">https://youtu.be/en8kRrhjmr8Rs</a>
0879	Why was Hui Neng, the Sixth Patriarch (六祖慧能), enlightened while Shen Xiu (神秀) was not?	<a href="https://youtu.be/3-DKNaogZIE">https://youtu.be/3-DKNaogZIE</a>
0880	How amazing! The self-nature is originally pure, unborn, undying—source of all Dharma	<a href="https://youtu.be/27ex8sofMrI">https://youtu.be/27ex8sofMrI</a>
0881	Why the Sixth Patriarch's Sutra Is Essential for Understanding True Cultivation	<a href="https://youtu.be/wJsw6UEYDsA">https://youtu.be/wJsw6UEYDsA</a>
0882	What Is the meaning of Original Nature (本来的面目)?	<a href="https://youtu.be/jyn2baj_TmI">https://youtu.be/jyn2baj_TmI</a>
0883	Five Spiritual Faculties & Five Mental Hindrances	<a href="https://youtu.be/t9m8VPxu0Ko">https://youtu.be/t9m8VPxu0Ko</a>
0884	Five Ways to Overcome Unwholesome or Wrong Thoughts	<a href="https://youtu.be/X2hV9Wrj8D4">https://youtu.be/X2hV9Wrj8D4</a>
0885	Form does not differ from emptiness, emptiness does not differ from form	<a href="https://youtu.be/uXJpqqPMuiI">https://youtu.be/uXJpqqPMuiI</a>
0886	Is seeing light or gaining special powers during meditation considered a form of progress	<a href="https://youtu.be/iwlxPy_GHVA">https://youtu.be/iwlxPy_GHVA</a>
0887	Understanding 12 links Dependent Origination teaching	<a href="https://youtu.be/aJ5YDdy1vto">https://youtu.be/aJ5YDdy1vto</a>
0888	How did Master Xu Yun 虚云 and Ven Ananda attain enlightenment?	<a href="https://youtu.be/-gWQ30_2waA">https://youtu.be/-gWQ30_2waA</a>
0889	Perception of form is consciousness whereas its non perception is wisdom 見色是識，不見色是智	<a href="https://youtu.be/ygTmHZaNb2w">https://youtu.be/ygTmHZaNb2w</a>
0890	The Discriminating Thinking Mind 分別心	<a href="https://youtu.be/qs5pCFzWQTs">https://youtu.be/qs5pCFzWQTs</a>
0891	Don't argue about who is right or wrong	<a href="https://youtu.be/Iyvvh9DDS4Y">https://youtu.be/Iyvvh9DDS4Y</a>
0892	Anattalakkhaṇa Sutta on the Five Aggregates of form and mind	<a href="https://youtu.be/P7J-A7z9KA4">https://youtu.be/P7J-A7z9KA4</a>
0893	How could Angulimala having killed 999 people and still attain enlightenment	<a href="https://youtu.be/FnPbtVgeYkQ">https://youtu.be/FnPbtVgeYkQ</a>
0894	Without wisdom, you cannot free your mind	<a href="https://youtu.be/-PmxLPAJYNI">https://youtu.be/-PmxLPAJYNI</a>
0895	The highest form of real meditation is mindfulness in daily life	<a href="https://youtu.be/oUJYzhEt4KQo">https://youtu.be/oUJYzhEt4KQo</a>



0896	The True Mind can merge with enlightenment's source	<a href="https://youtu.be/JOVk2rcWCS4">https://youtu.be/JOVk2rcWCS4</a>
0897	Sankhara is analogous to peeling a banana stem. Its core is empty	<a href="https://youtu.be/S0QqERQK4Zc">https://youtu.be/S0QqERQK4Zc</a>
0898	Karma decides for you, yet you think you are making the choice	<a href="https://youtu.be/pYm5hE2l5vc">https://youtu.be/pYm5hE2l5vc</a>
0899	How to check whether you have progress or not?	<a href="https://youtu.be/i_tV4vb6H4U">https://youtu.be/i_tV4vb6H4U</a>
0900	How does our fear arise? What can we do about it?	<a href="https://youtu.be/5YHTZWEBkIk">https://youtu.be/5YHTZWEBkIk</a>
0901	We should inquire into why our mind stirs and then contemplate how to set it free	<a href="https://youtu.be/nXTvQFkMN08">https://youtu.be/nXTvQFkMN08</a>
0902	5 daily contemplation & the 3 turnings of the 4 Noble Truths	<a href="https://youtu.be/D9EohGFwv2k">https://youtu.be/D9EohGFwv2k</a>
0903	If you could still be affected by small things, it means you don't have the Dharma yet.	<a href="https://youtu.be/Uum_TmEf06Q">https://youtu.be/Uum_TmEf06Q</a>
0904	Understand " Perception of Form is Consciousness Whereas its non-perception is wisdom"	<a href="https://youtu.be/PCG4hZpr rdQ">https://youtu.be/PCG4hZpr rdQ</a>
0905	Totality of Life, both the mundane and supramundane, is the Missing Link	<a href="https://youtu.be/f lLkL9rNTlW">https://youtu.be/f lLkL9rNTlW</a>
0906	Life itself is the Real Training Ground	<a href="https://youtu.be/PjBqogB8wJO">https://youtu.be/PjBqogB8wJO</a>
0907	If the mind dwells, it is heedless because the mind without dwelling is JUST AWARE	<a href="https://youtu.be/Lix-Tb1LBqJ">https://youtu.be/Lix-Tb1LBqJ</a>
0908	Aware Finished...Aware Finished, treat every happening as part of the way!	<a href="https://youtu.be/9JY7FTjLDeI">https://youtu.be/9JY7FTjLDeI</a>
0909	For clear & deep understanding of Shen Xiu & 6th Patriarch Hui Neng poems	<a href="https://youtu.be/0C0aHvZz5M">https://youtu.be/0C0aHvZz5M</a>
0910	Understanding of the whole process of MEDITATION will bring about awakening, enlightenment !!!	<a href="https://youtu.be/Q0mal47TNLs">https://youtu.be/Q0mal47TNLs</a>
0911	Why thought is so powerful.. it can make you depress, angry, emotional.. How could we overcome it?	<a href="https://youtu.be/Am4osUq1MI8">https://youtu.be/Am4osUq1MI8</a>
0912	What is the difference between mindfulness and heedfulness?	<a href="https://youtu.be/nnuRY_IBIYY">https://youtu.be/nnuRY_IBIYY</a>
0913	The 5 Aggregates of Form & Mind are dependently arisen, hence they are impermanent	<a href="https://youtu.be/EHbMOUZX-eQ">https://youtu.be/EHbMOUZX-eQ</a>
0914	Heedfulness is the only KEY to Awakening	<a href="https://youtu.be/iWC4KkxkL0I">https://youtu.be/iWC4KkxkL0I</a>
0915	Memory/Knowledge always conditions EVILS in us.	<a href="https://youtu.be/uenn31LrKEA">https://youtu.be/uenn31LrKEA</a>
0916	Can we Accept the Reality and also Act with WISDOM in accordance with N8FP?	<a href="https://youtu.be/JYdJS1CFonA">https://youtu.be/JYdJS1CFonA</a>
0917	Constant Meditative Mind in both Formal Meditation & Daily Life is the complete whole cultivation.	<a href="https://youtu.be/Q2870Sakjfs">https://youtu.be/Q2870Sakjfs</a>
0918	Be aware of your mental reactions to understand how we should deal with them with wisdom	<a href="https://youtu.be/uXjq0qP7lCM">https://youtu.be/uXjq0qP7lCM</a>
0919	Learn to see thing as they are. Acceptance with understanding and wisdom	<a href="https://youtu.be/r3D_PgEmvLY">https://youtu.be/r3D_PgEmvLY</a>
0920	Stop mental analysis whatever past is past. It is no more a reality	<a href="https://youtu.be/ZZ1Jn5S8ZH4">https://youtu.be/ZZ1Jn5S8ZH4</a>
0921	We are just karmically conditioned form and mind for us to arise in this conditioned world	<a href="https://youtu.be/Vu6DKQb2GbU">https://youtu.be/Vu6DKQb2GbU</a>
0922	Meditation is all about Noble Eightfold Path	<a href="https://youtu.be/5sJzJpk8hY4">https://youtu.be/5sJzJpk8hY4</a>
0923	We must understand what Heedfulness is BEFORE we can start meditation	<a href="https://youtu.be/EV91P18ppcE">https://youtu.be/EV91P18ppcE</a>
0924	The highest meditation is - 'we choose aware of every action, every movement in the present movement'	<a href="https://youtu.be/EgB6qZ5mLos">https://youtu.be/EgB6qZ5mLos</a>
0925	5 Universal Laws (Physical Law, Biological Order, Law of Kamma, Law of the Mind & the Law of Truth)	<a href="https://youtu.be/A1rGNtDo0vo">https://youtu.be/A1rGNtDo0vo</a>
0926	Meditation is not about how fantastic is yr experience is, it is how u arise wisdom to free your mind	<a href="https://youtu.be/YSzIDBZ_yPA">https://youtu.be/YSzIDBZ_yPA</a>
0927	Don't try to know and don't try to do anything.	<a href="https://youtu.be/6td5RK8hcf0">https://youtu.be/6td5RK8hcf0</a>
0928	Cultivation is always in the midst of life	<a href="https://youtu.be/fpxeL1ewl5M">https://youtu.be/fpxeL1ewl5M</a>
0929	There is no suffering in the mind if you are able to endure the pain via wisdom	<a href="https://youtu.be/vT7NtUgkoB0">https://youtu.be/vT7NtUgkoB0</a>
0930	Only the Wise who has gone through the Cessation or Nibbana understands what It Is	<a href="https://youtu.be/Xpwmu78VuRw">https://youtu.be/Xpwmu78VuRw</a>
0931	GOTRABHU : Change of Lineage or Glimpse of Cessation	<a href="https://youtu.be/Yfxm5HBcNvo">https://youtu.be/Yfxm5HBcNvo</a>



0932	As long as one speaks Not from the Nature, one CANNOT Teach the True Meditation/Penetrative Dhamma	<a href="https://youtu.be/peID0Zg0k7k">https://youtu.be/peID0Zg0k7k</a>
0933	You can't suppress yr desire, delusion & greed unless you have the wisdom of annica, dukka & annata	<a href="https://youtu.be/tnMUV7_v-so">https://youtu.be/tnMUV7_v-so</a>
0934	The deep meaning of "under training to observe precepts" for sekha vs beyond training for asekha	<a href="https://youtu.be/w-g5QcWX49Y">https://youtu.be/w-g5QcWX49Y</a>
0935	AWARENESS, is the Wisdom Light, that gives us SPACE & CLARITY to FREE!!!	<a href="https://youtu.be/lpbrHE_tX9k">https://youtu.be/lpbrHE_tX9k</a>
0936	Develop the understanding to use this Mundane Mind, which is neither Good nor Evil	<a href="https://youtu.be/9VycYSCyspU">https://youtu.be/9VycYSCyspU</a>
0937	True Dhamma understanding only comes from realizing both conditioned and unconditioned Dhamma	<a href="https://youtu.be/K-JgC9GsZBo">https://youtu.be/K-JgC9GsZBo</a>
0938	All our mind states are dependently arisen Dhamma. They are not intrinsic to our true mind	<a href="https://youtu.be/mEsCer5S7gg">https://youtu.be/mEsCer5S7gg</a>
0939	How to maintain the silent mind that does not chatter in your daily life	<a href="https://youtu.be/chHXHF3EFJg">https://youtu.be/chHXHF3EFJg</a>
0940	Understanding the nature of wrong thoughts could help you resolve all your karmic negativities	<a href="https://youtu.be/h0frFquJC84">https://youtu.be/h0frFquJC84</a>
0941	You should come out of the formal meditation then only you do the contemplation	<a href="https://youtu.be/r6dWTHN25GI">https://youtu.be/r6dWTHN25GI</a>
0942	How do you reflect and contemplate	<a href="https://youtu.be/SgeuxEiqBNA">https://youtu.be/SgeuxEiqBNA</a>
0943	Understanding Kayanupassana practices	<a href="https://youtu.be/HAlw0A0bZWk">https://youtu.be/HAlw0A0bZWk</a>
0944	Advice on how to train your mindfulness in daily life	<a href="https://youtu.be/G3aVbWjT3qI">https://youtu.be/G3aVbWjT3qI</a>
0945	What is Karmic Nature and Spiritual Nature?	<a href="https://youtu.be/L1RzhPIZJvw">https://youtu.be/L1RzhPIZJvw</a>
0946	Learn to Relax and maintain Awareness within	<a href="https://youtu.be/At1YfTdp06k">https://youtu.be/At1YfTdp06k</a>
0947	Important Summary on "How to Awaken from the deluded mundane mind"	<a href="https://youtu.be/fHGz8Riag-4">https://youtu.be/fHGz8Riag-4</a>
0948	3 phases of learning Dharma - Pariyatti, Patipatti & Pativedha	<a href="https://youtu.be/eyyr1KyD0tQ">https://youtu.be/eyyr1KyD0tQ</a>
0949	5 Aggregates of Form & Mind are impermanent (anicca), suffering (dukkha) and non-self (empty)	<a href="https://youtu.be/QchKXWw0CmA">https://youtu.be/QchKXWw0CmA</a>
0950	Why can't we get out of the Six Samsaric realms of existence?	<a href="https://youtu.be/xYnNg_t2_KA">https://youtu.be/xYnNg_t2_KA</a>
0951	Dhyana Samadhi	<a href="https://youtu.be/70Y3AvYjGVk">https://youtu.be/70Y3AvYjGVk</a>
0952	No thought is a thought	<a href="https://youtu.be/HI9Zteqe7NI">https://youtu.be/HI9Zteqe7NI</a>
0953	Without Thought, Your Inherent Buddha Nature Manifests	<a href="https://youtu.be/B72hLKUB7v4">https://youtu.be/B72hLKUB7v4</a>
0954	Patience and Endurance can lead to the realization of True Mind	<a href="https://youtu.be/EQJ6pAKODc">https://youtu.be/EQJ6pAKODc</a>
0955	To Sincerely REPENT means to be "TRUE to oneself"	<a href="https://youtu.be/q9n52r0LOWg">https://youtu.be/q9n52r0LOWg</a>
0956	Ask for forgiveness & do repentance to resolve ones karmic offences amicably	<a href="https://youtu.be/zdWnpQGD-Lc">https://youtu.be/zdWnpQGD-Lc</a>
0957	Inquire Right according to who?	<a href="https://youtu.be/l3gTeIS8IYE">https://youtu.be/l3gTeIS8IYE</a>
0958	Loneliness vs Aloneness	<a href="https://youtu.be/vtNr-vvMm8I">https://youtu.be/vtNr-vvMm8I</a>
0959	How to train your mind so that you are able to meditate with the true mind?	<a href="https://youtu.be/yFAeeYU4rk8">https://youtu.be/yFAeeYU4rk8</a>
0960	Don't just go for tainted merit	<a href="https://youtu.be/4lAy0zp4JQQ">https://youtu.be/4lAy0zp4JQQ</a>
0961	You cannot use thought to cultivate wisdom	<a href="https://youtu.be/LfQ2gPMHFQU">https://youtu.be/LfQ2gPMHFQU</a>
0962	The actual 12 links of Dependent Origination (PaticcaSamuppada) is not what people think	<a href="https://youtu.be/lzKaQSddBfs">https://youtu.be/lzKaQSddBfs</a>
0963	Understand mundane mind & true mind, who you are and what are you?	<a href="https://youtu.be/GNGuAlQxktQ">https://youtu.be/GNGuAlQxktQ</a>
0964	The actual 12 links of dependent origination (Paticcasamuppada)	<a href="https://youtu.be/hMc7MMLnwew">https://youtu.be/hMc7MMLnwew</a>
0965	What is memory?	<a href="https://youtu.be/SFymGWPWU8o">https://youtu.be/SFymGWPWU8o</a>
0966	How the 12 Links of Dependent Origination (Paticcasamuppada) is interlink with the other essential Dhamma	<a href="https://youtu.be/kzrVGGNRRCO">https://youtu.be/kzrVGGNRRCO</a>
0967	Develop the 5 Spiritual Faculties to counter the 5 Mental Hindrances to arise the meditative mind	<a href="https://youtu.be/QvHn5LRBono">https://youtu.be/QvHn5LRBono</a>
0968	Awareness can only arise when mundane mind is completely silent without sankhara	<a href="https://youtu.be/bEY0BsJ-bbg">https://youtu.be/bEY0BsJ-bbg</a>



0969	The deep meanings of True Emptiness Is Wonderful Existence.	<a href="https://youtu.be/rR3KQzWcRKQ">https://youtu.be/rR3KQzWcRKQ</a>
0970	What is Awareness-based Meditation? How to really Relaxed?	<a href="https://youtu.be/njAVc7qtEYE">https://youtu.be/njAVc7qtEYE</a>
0971	Listen attentively from the heart, from the true mind (Pure awareness nature)	<a href="https://youtu.be/pEEsk0ZTH_U">https://youtu.be/pEEsk0ZTH_U</a>
0972	Meaning of real acceptance	<a href="https://youtu.be/PthNr7Mn-xQ">https://youtu.be/PthNr7Mn-xQ</a>
0973	How to train mind in sati?	<a href="https://youtu.be/ICG1w86YqTo">https://youtu.be/ICG1w86YqTo</a>
0974	Listen from the Heart	<a href="https://youtu.be/YMPE46yfTKk">https://youtu.be/YMPE46yfTKk</a>
0975	What must you do to break your karmic obstructions amicably	<a href="https://youtu.be/rbKA0AoK14U">https://youtu.be/rbKA0AoK14U</a>
0976	Question on the Anattalakkhaṇa Sutta and the Dhammacakkappavattana Sutta	<a href="https://youtu.be/puEcLA9LLpo">https://youtu.be/puEcLA9LLpo</a>
0977	How did Koṇḍanna become a Sotapanna without breaking the Sakkaya-diṭṭhi fetter	<a href="https://youtu.be/dK2Pu-Z3p3c">https://youtu.be/dK2Pu-Z3p3c</a>
0978	The Avijja Sutta : Two cycles/sequences	<a href="https://youtu.be/4g0joTwB2T0">https://youtu.be/4g0joTwB2T0</a>
0979	Why can't people cultivate correctly	<a href="https://youtu.be/003rDrPjVMY">https://youtu.be/003rDrPjVMY</a>
0980	Yoniso Manasikara	<a href="https://youtu.be/tjtyaGSPoj8">https://youtu.be/tjtyaGSPoj8</a>
0981	Silent your mind; mindfulness will arise naturally without practice	<a href="https://youtu.be/-R0Tgj8ok6M">https://youtu.be/-R0Tgj8ok6M</a>
0982	Maintain awareness 24 hours a day	<a href="https://youtu.be/XdF3V-0vWMA">https://youtu.be/XdF3V-0vWMA</a>
0983	Realizing your True Mind makes you the host and master	<a href="https://youtu.be/IsURDDqoLz0">https://youtu.be/IsURDDqoLz0</a>
0984	Why give your MUNDANE MIND the power to control you?	<a href="https://youtu.be/6LS3K1hKD-M">https://youtu.be/6LS3K1hKD-M</a>
0985	Life is wonderful when Dhamma realization allows appreciation	<a href="https://youtu.be/5844z2FX0vU">https://youtu.be/5844z2FX0vU</a>
0986	When you realize true emptiness, life becomes wonderful 真空妙有	<a href="https://youtu.be/_fGIJCZou_I">https://youtu.be/_fGIJCZou_I</a>
0987	You hold the key to your life's destiny	<a href="https://youtu.be/Hm6pGwYMuws">https://youtu.be/Hm6pGwYMuws</a>
0988	Second Turning wisdom develops mainly through contemplation	<a href="https://youtu.be/aWlEh1UWxBY">https://youtu.be/aWlEh1UWxBY</a>
0989	Anything perceivable by mind is a phenomenon	<a href="https://youtu.be/6k-PItwzrII">https://youtu.be/6k-PItwzrII</a>
0990	We express our reverence by knowing who the Buddha is	<a href="https://youtu.be/B5WLCd9eKM4">https://youtu.be/B5WLCd9eKM4</a>
0991	Understanding why the Arhat still has 'outflow'	<a href="https://youtu.be/kSS0szVMf0Q">https://youtu.be/kSS0szVMf0Q</a>
0992	I detected my heartbeat during meditation; what is the next step	<a href="https://youtu.be/Xiu-1YsBoDE">https://youtu.be/Xiu-1YsBoDE</a>
0993	If suffering from relationship issues, listen attentively	<a href="https://youtu.be/L-q0XyuW_eg">https://youtu.be/L-q0XyuW_eg</a>
0994	Lotus symbolism: Purity rising from the filthy pond	<a href="https://youtu.be/oyDFiLL1kTM">https://youtu.be/oyDFiLL1kTM</a>
0995	Understanding the 4 Circles of Formation: Stages of creation	<a href="https://youtu.be/quLp50xwcl">https://youtu.be/quLp50xwcl</a>
0996	In Meditation how long will it take for the mind to settle down into stillness	<a href="https://youtu.be/33-n0V0D21Y">https://youtu.be/33-n0V0D21Y</a>
0997	What actually returns to the source?	<a href="https://youtu.be/IC2CiheLk3s">https://youtu.be/IC2CiheLk3s</a>
0998	The discourse on Loving Kindness Karaniya Metta Sutta	<a href="https://youtu.be/-REJSJ0rPLE">https://youtu.be/-REJSJ0rPLE</a>
0999	Purification by Knowledge and Vision of what is path and not-Path	<a href="https://youtu.be/Dbia4h1BAHY">https://youtu.be/Dbia4h1BAHY</a>
1000	The cultivator will know when the mind enters Sati	<a href="https://youtu.be/WTZYRF10u1c">https://youtu.be/WTZYRF10u1c</a>