

Lovingkindness The Revolutionary Art Of Happiness

Sharon Salzberg

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Sharon Salzberg Wikipedia

Sharon Salzberg born August 5 1952 is a New York Times Best selling author and teacher of Buddhist meditation practices in the West In 1974 she co founded the Insight Meditation Society at Barre Massachusetts with Jack Kornfield and Joseph Goldstein Her emphasis is on vipassanā insight and mettā loving kindness methods and has been leading meditation retreats around the world for

Recommended Books Insight Meditation Center

A clear and simple book for beginning Buddhist practice including straightforward explanations of the Buddha's teachings on freedom and happiness and the author's personal stories highlighting some of the challenges and insights of practice

Metta Sutta Wikipedia

The Mettā Sutta is the name used for two Buddhist discourses Pali sutta found in the Pali Canon The one more often chanted by Theravadin monks is also referred to as Karāyama Mettā Sutta after the opening word Karāyam This is what should be done It is found in the Suttanipāta Sn 1 8 and Khuddakapāṭha Khp 9 It is ten verses in length and it extols both the virtuous

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