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Mett? - Wikipedia

Mett? or maitr? means benevolence, loving-kindness, friendliness, amity, good will, and active interest in others. It is the first of the four sublime states (Brahmavih?ras) and one of the ten p?ram?s of the Therav?da school of Buddhism. - Mon, 18 Mar 2019 06:44:00 GMT

Research on meditation - Wikipedia

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 authors' personal stories highlighting some of the challenges and insights of practice.

Mindfulness in cultural context | Laurence J Kirmayer ...

Mindfulness meditation and other techniques drawn from Buddhism have increasingly been integrated into forms of psychotherapeutic intervention. In much of this work, mindfulness is understood as a mode of awareness that is present-centered and non-

Buddhist eBooks - Free Download - Urban Dharma / Buddhism ...

Recorded Live - The joys and teachings of dharma flow through every human activity. The creation of sound and rhythm in the midst of space and silence has always helped people wake up to life.

Emotionsregulation – Wikipedia

Emotionsregulation bezeichnet alle Prozesse, mit denen Individuen versuchen, die Art, die Intensität oder die Dauer von Emotionen in eine bestimmte Richtung zu beeinflussen.

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