



The Practice of Buddha's Teachings

Compact Course for Advanced Practitioners in 20 Units

Discover more of the potential of your consciousness, improve your progress, avoid traps and thus gradually approach to your spiritual goals and inner independence through profound psychological explanations of Buddha's teachings. Get to know the different spiritual systems and development stages. The goal is to attain the states of the second jhana close to the third jhana, stabilize them, and achieve sotapatti (stream entry).

All this will be explained in depth and detail.

Learn to practice the right and deep mindfulness.

Practice different methods of meditation and concentration.

Practice Metta.

Knowledge of the teachings and of oneself and of inner mechanics is necessary, but only right practice unfolds progress and transformation by gaining empiric knowledge.

Mechanical reciting excludes the intellect and studying texts fill the memory and keep you busy but hardly increase the mandatory penetrating clarity needed for progress - we promote that.

The course is practice-oriented and adapted to people in the west.

The course also embraces Tibetan Lamrim practitioners and followers of Neo-Buddhism.

INTERESTED ?

What's in it? Download Introduction (pdf) for more info.

Date, location and fee on website



vajrabuddhismus.de/chat8-eng