

# PRACTICE PRACTICE PRACTICE



## The Practice of the Buddha's Teachings Compact Course for Practitioners in 17 sessions

### Boost your efforts

Discover more of the potential of your consciousness, improve your progress, and thus gradually approach your spiritual goals and inner independence – through profound explanations of the Buddha's teachings.

The goal is to attain the states of the second jhana close to the third jhana, stabilize them, and achieve sotapatti (stream entry).

Basic knowledge of the teachings and of oneself is necessary, but only correct or proper practice alone brings progress. Studying texts fills the memory but does not increase the necessary penetrating clarity of knowledge.

**The course is practice-oriented and is also aimed at Tibetan Lamrim practitioners and followers of Neo-Buddhism.**

What is sotapatti?

Overcoming or weakening delusions of the ego or personality, giving up deception of the senses, success in the sublimation of sexual energy and in noble moralization, strengthening self-repairing inner joy, giving up rites and ceremonies, and constant practice of self-observation.

### INTERESTED ?

If there are more than 4 people, a course will be held soon

Let me know here (contact):

[vajrabuddhismus.de/chat8-eng](https://vajrabuddhismus.de/chat8-eng)

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**Meditation and metta are practiced in every session (unit)**