

Table of Contents

PREFACE	i
INTRODUCTION	iii
PART I – DHAMMA TALKS	11
Orientation talk	12
What is Buddhism?	15
Historical overview	15
Teachings – overview	19
Why meditate?	36
Basics	44
The meaning of the term <i>dhamma</i>	44
Two kinds of language	47
The Five Aggregates	50
The 1st Noble Truth	60
Forms of <i>dukkha</i>	62
What turns life into <i>dukkha</i> ?	66
Common ways to escape from <i>dukkha</i>	69
The 2nd Noble Truth	76
Dependent Origination (12-link version)	81
The realms of existence	114
Other features of The Wheel of Life	120
The 3rd and 4th Noble Truth	123
Wisdom	126
Morality	127
Concentration	129
Techniques aimed at ending spiritual suffering	131
Meditation in daily life	139
Formal Meditation	139
Daily activities	142
One activity at a time	146
Changes in attitude	148
‘Introduction to Buddhism’ in a nutshell	155

PART II – MEDITATION INSTRUCTION	157
Meditation postures	158
Concentration meditation	164
Basic concentration meditation instruction	164
Ānāpānasati - Mindfulness with Breathing	172
Summary – The breathing process as meditation object	179
The Four Foundations of Mindfulness	182
Awareness in everyday activities	185
Vipassanā (Insight) meditation	189
Loving kindness meditation	202
Obstacles to meditation practice	209
Recommendation – meditation techniques	220
APPENDIX	221
Self and non-self	221
<i>Karma</i>	232
LITERATURE	245
ABOUT THE AUTHOR	256