

Welcome

This blog is written by Buddhist monks and research psychologists Ven. Edo Shonin and Ven. William Van Gordon and is about the practice and research of meditation. The posts cover psychological, philosophical, Buddhist, and non-Buddhist perspectives. The blog provides a mixture of reflections, information on how to practice meditation effectively, and an overview of current research findings and issues. In the right hand column you will find various categories – just click on the one that interests you.

"Wonderful, indeed, it is to tame the mind, so difficult to tame, ever swift, and seizing whatever it desires. A tamed mind brings happiness"

- Buddha (~500 BCE)



Ven Edo Shonin
Ven William Van Gordon

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Welcome

- Our Articles
 - Ven Edo Shonin
 - Ven William Van Gordon

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Meditation (3)

- Mindfulness (1)
- Practice Tips (2)

Reflections (3)

Research (1)

Spiritual Songs & Poems (2)

Edo & Williams' Blog Archives

March 2013 (5)

February 2013 (1)

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