

# PREFACE

This is the third volume in the series “Buddhist Meditation” (BM). The first two volumes are subtitled respectively, “A safety guide” (a general introduction to meditation and dhyana) and “A skills guide” (Overcoming the mental hindrances). This volume serves best for those who have been regularly meditating on the two essential practices of the breath meditation and the cultivation of lovingkindness. It is also helpful to those who are beginning these two practices, and facing some kind of difficulty in either of these meditations.

This is a volume of inspirational meditations or auxiliary practices for those who want to smoothen their breath meditation and lovingkindness meditation with longer sittings or a deeper taste of blissful peace. For beginners or those wishing to boost their existing practice, these inspirational meditations provide them with a refreshing mental space to steer clear from any persistent hindrance, or to re-energize themselves in sitting in mental stillness.

Beginners who have difficulties with both the breath meditation and the cultivation of lovingkindness will find here a range of new meditations to choose from and to try out. Each of the meditation or recollection describe here can be used by themselves. Although none of them would bring the kind of transcendental depth that either of the two key meditations would, these inspirational meditations—as their name suggests—can inspire us with some level of mindfulness and peace that can serve as the basis for us to move on to either of the two key practices.

This volume contains the following titles from the Sutta Discovery annotated translation series of early Indian Buddhist texts, the roots of which go back to the Buddha himself. This anthology contains annotated translations of some of the oldest meditation texts in the religious history, and commentarial materials from Buddhaghosa’s Visuddhi,magga (“The path of purity”), a compendium of early Buddhist teachings.

	<u>Texts</u>	<u>Visuddhi,magga</u>	<u>Translations</u>
1 Paṭisallāna Sutta	It 45		SD 41.4
2 Dhajagga Sutta	S 11.3		SD 15.5
3 Buddhānussati			SD 15.7
(Tathāgata) Loka Sutta	A 4.23 = It 112		SD 15.7(2)
4 (Sandiṭṭhika Dhamma) Brāhmaṇa Sutta	A 3.53		SD 15.8a
5 Dhammānussati		Vism 7.68-88	SD 15.9
6 Saṅghānussati		Vism 7.89-100	SD 15.10a
Atṭha Puggala Suttas 1 & 2	A 8.59+60		SD 15.10a(1+2)
7 Silānussati		Vism 7.101-106	SD 15.11
8 Cāgānussati		Vism 7.107-114	SD 15.12
9 Devatā’nussati		Vism 7.115-118	SD 15.13
10 Pacalā Sutta	A 7.58		SD 4.11
11 Vimutt’āyatana Sutta	A 5.26		SD 21.5

These are translations of the earliest Buddhist teachings with the modern commentaries so that they serve as authentic and effective meditation guides. These works have been revised, and often enlarged, over the last 12 years. Their insightful wisdom and practical teachings continue to work for us and transform our lives in amazing ways to this day.

For an explanation of the conventions used in this series, see under “Epilegomena” in the Dharmafarer website.<sup>1</sup>

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<sup>1</sup> <http://dharmafarer.org/wordpress/sutta-discovery/epilegomena-in-progress>.