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the Buddha. Please don't think that because you are unhappy, because there is pain in your heart, that you cannot go to the Buddha. It is exactly because there is pain in your heart that communication is possible. Your suffering and my suffering are the basic condition for us to enter the Buddha's heart, and for the Buddha to enter our hearts.

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Covering such significant teachings as the Four Noble Truths, the Noble Eightfold Path, the Three Doors of Liberation, the Three Dharma Seals, and the Seven Factors of Awakening, The Heart of the Buddha's Teaching is a radiant beacon on Buddhist thought for the initiated and uninitiated alike.

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Available as a PDF download only. This 2003 title is now out of print but remains available to you at no charge as a downloadable file. From the Foreword: The text for The Heart of the Buddha-Dharma was extracted from Dharma messages, pamphlets and temple newsletter columns written by [the late] Rev. Kenryu T. Tsuji over a forty-year period. Rev.

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key teachings in Thich Nhat Hanh's (TNH) *The Heart of the Buddha's Teaching* (1998), the text for the course. The first is that an intellectual understanding of concepts like suffering, loving-

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* See Nyanaponika Thera, *The Heart of Buddhist Meditation* (London: Rider & Co., 1962). ix account of its radical simplicity may appear strange to them. In the following, a number of such "good reasons" are therefore proffered for the reader's scrutiny.

The Power of Mindfulness by Nyanaponika Thera - Buddhism

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Translated by Tripitaka Master Hsuan Tsang Commentary by

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