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# Where To Download The Importance Of Vedana And Sampajanna Seminar interested in the Buddha's teaching. February 1990 Dhamma Giri Igatpuri

## ~~The Importance of Vedana and Sampajanna | Vipassana ...~~

The Buddha gave importance to the vedana that one feels on the body. The vedana that one feels on the body is experienced by the vedana khandha (feeling aggregate) of nama, rather, it is the vedana khandhavedana khandha of nama. Rupa (matter) in itself cannot experience sensations arising on it.

~~Why Vedana and What is Vedana?  
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Vedana is the meeting ground, the crossroads where mind and body interact, and where our true

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nature is revealed in a vivid, tangible way. This is wisdom; the thorough understanding that all sensations, all that one calls 'I', all that one is attached to, are arising to pass away.

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Dhamma Giri, Igatpuri, India, was  
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~~Importance of Vedana &  
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So vedana parinnaya, ditthe  
dhamme anasavo, kayassa bheda  
dhammattho, sankham nopeti  
vedagu ti.12 -By understanding  
sensations in their totality, a  
serious seeker (in this very life)  
becomes freed of all defilements  
and becomes an arahanta or  
vedagu.

~~The Importance of Vedana and  
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In 'Buddha-speak' vedana is the  
term for any feeling state we can

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experience. Vedana can be pleasant, painful or neutral. Pleasant and painful vedana generally sets up craving and aversion, which is the basis of all suffering we experience. So to free oneself of this craving and aversion is to end our suffering and establish contentment, even bliss and finally freedom.

### ~~The Vedana of Vedana | The Buddhist Centre~~

The Seminar on Vedanā and Sampajanna, held in 1990 at Dhamma Giri, Igatpuri, India, was an important milestone in the acknowledgment of Vipassana meditation as the quintessence of the Buddha's teaching. The papers presented at the seminar gave detailed insight into these

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The importance of Vedana and  
Sampajanna — Vipassana Livres  
Vedana is a Sanskrit word  
meaning “sensation” or  
“feeling.”. In Buddhism, it is one  
of the five skandhas (aggregates  
or states of impermanence) and  
one of the universal mental  
factors. Vedana is perceiving  
through the senses of seeing,  
hearing, smelling, tasting,  
touching and  
thinking/intelligence. These  
sensations - emotional and  
physical - can be categorized as  
pleasant, unpleasant or neutral.

What is Vedana? — Definition from  
Yogapedia

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Vedanā is a mental concomitant, or mental factor (cetasika). It arises dependent on mind (citta).

Whenever consciousness (citta) arises, feeling also occurs. How does it arise?

### ~~An Analysis of Feeling (Vedanā)~~

This book examines the importance of the topic of 'feeling tone' (vedanā) as it appears in early Buddhist texts and practice, and also within contemporary, secular, mindfulness-based interventions. The volume aims to highlight the crucial nature of the 'feeling tone' or 'taste of experience' in determining mental reactivity, behaviour, character, and ethics.

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A Seminar, February 1990, Dhamma Giri The papers presented at this seminar give detailed insight into these two very important terms from the Pali canon. They are inspiring to meditators and intriguing to scholars interested in the

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In the matter of vipassana-bhavana, vedana is as important as aniccassanna (perception of impermanence). This is recognised by the Buddha himself. In this matter, we would like to deal with a teaching of the Buddha which is already known to almost every Buddhist. This is a stanza contained in the Dhammapada Pāli text.

~~Vedana and Aniccassanna of~~

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~~IMPORTANCE OF VEDANA AND  
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During this weekend we will explore mindfulness of the feeling tones, which is the second foundation of the practice of mindfulness. First, we will look at the different aspects of mindfulness. Secondly, I will try to define feeling tones and thirdly

# Where To Download The Importance Of Vedana And how to be mindful of them. The Pali term vedana refers to the affective tone of experience.

~~Mindfulness of Feeling Tone  
(vedana) — Bodhi College~~

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