

From Buddha to the Dalai Lama

Insight Meditation Community of Charlottesville

<https://imeditation.org>

Week 6: A symphony of suttas

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Link to extended readings and slides: <https://parusanalytics.com/fb2dl/week-six.html>

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Suttas

- **Sattipatthana Sutta:** Discourse on the Foundations of Mindfulness
- **Anapanasati Sutta:** Mindfulness of Breathing.
- **Dhammacakkappavattana Sutta:** Setting the Wheel of Dhamma in Motion.
- **Kalama Sutta**
- **Karaniya Metta Sutta**
- **Dhammapada**

And more suttas

- **Bahiya Sutta**
- **Sallatha Sutta**
- **Abhaya Sutta: To Prince Abhaya**
- **Dana Sutta**

Mahayana sutras

- Lotus Sutra
- Diamond Sutra
- Heart Sutra