

Abiding in Mindfulness Volume III: On Dhamma

Joseph Goldstein

SESSION TWENTY-FOUR

The Six Sense Spheres, Part I

Introduction

What are the six sense spheres?

Buddha's instructions on the six sense spheres

Examining the sense spheres

Buddha's fire sermon

How to bring this teaching into your practice

SESSION TWENTY-FIVE

The Six Sense Spheres, Part II

Introduction

Dependent origination

Experiencing this dependent origination directly

How to bring this teaching into your practice

Investigating desire

The link between desire and clinging

Investigating perception

SESSION TWENTY-SIX

The Six Sense Spheres, Part III

Introduction

The varieties of conditioning

The first two hallucinations of perception

The second two hallucinations of perception

Training our perceptions

How to use these instructions

SESSION TWENTY-SEVEN

Factors of Awakening—

Mindfulness

Introduction

The seven factors of awakening

The four aspects of mindfulness

The first two aspects of mindfulness

Moral shame and dread

Seeing things as they are

SESSION TWENTY-EIGHT

Factors of Awakening—

Investigation

Introduction

Truth-discerning wisdom

Skillful means and methods of investigation

Investigating emotions

Investigating personality structures

Investigating the mind and body

SESSION TWENTY-NINE

Factors of Awakening—Energy

Introduction

Reinforcement

Strength and courage

Effort

Effort versus relaxation

Spiritual urgency, death, and dispersion

SESSION THIRTY

Factors of Awakening—Rapture, Part I

Introduction

Defining rapture

The five grades of rapture

The dangers of rapture

Investigating rapture

Reflections that arouse rapture, part I

SOUNDS TRUE

Many voices. One journey.

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SESSION THIRTY-ONE

Factors of Awakening—Rapture II

Introduction

Reflections that arouse rapture, part
II

Reflections that arouse rapture, part
III

Reflections that arouse rapture, part
IV

Reflections that arouse rapture, part
V

SESSION THIRTY-TWO

Factors of Awakening—

Tranquility

Introduction

The seven factors of enlightenment

Practicing the precepts

Tranquility

Developing tranquility

Composure in movement

Clear seeing and wisdom

SESSION THIRTY-THREE

Factors of Awakening—

Concentration, Part I

Introduction

The two types of concentration

Jhana

The developments of concentration,
part I

The developments of concentration,
part II

The two paths of concentration

SESSION THIRTY-FOUR

Factors of Awakening—

Concentration, Part II

Introduction

Ethical conduct

Mindfulness and breathing

The normalcy of the knowing mind

SESSION THIRTY-FIVE

The Factors of Awakening—

Equanimity

Introduction

Normalcy of mind

The eight vicissitudes of life

The varieties of equanimity

The stages of equanimity

How do we practice equanimity

SESSION THIRTY-SIX

Four Noble Truths—Truth of

Dukkha

Introduction

Defining dukkha

The etymology of the term dukkha

The suffering of the body

The optional suffering of the mind

The burdensomeness of existence

The arising and nourishing of
compassion

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SESSION THIRTY-SEVEN

Four Noble Truths—The Origin of Dukkha

Introduction

What are craving and desire?

What are the drawbacks of cravings?

The impermanence of pleasant feelings

Developing a wiser relationship to the world

The craving for existence and non-existence

SESSION THIRTY-EIGHT

Four Noble Truths—The Cessation of Dukkha

Introduction

The letting go of craving

The truth of impermanence

The diminishment of craving

What is nibbana?

What obscures the natural purity of the mind?

What is sudden awakening?

SESSION THIRTY-NINE

The Noble Eightfold Path—Right View, Part I

Introduction

The two forms of right view

Understanding the law of karma

Rebirth and other planes of existence

The special relationship with our parents

SESSION FORTY

The Noble Eightfold Path—Right View, Part II

Introduction

Valuing wisdom

Noble right view and suffering

Wrong view of suffering

Means to bring about the end of suffering, part I

Means to bring about the end of suffering, part II

SESSION FORTY-ONE

The Noble Eightfold Path—Right Thought, Part I, Renunciation

Introduction

How do we practice right thought?

The persistence of unwholesome patterns

The rewards of renunciation

Practicing renunciation

Cleansing mind and heart

The wisdom of no

SESSION FORTY-TWO

The Noble Eightfold Path—Right Thought, Part II, Lovingkindness

Introduction

The benefits of metta

Practicing metta

The near-enemy of metta

Developing metta

The power of gratitude

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SESSION FORTY-THREE

The Noble Eightfold Path—Right Thought, Part III, Compassion

Introduction

Why compassion is difficult to practice

Making compassion our natural response

Taking compassion action

The two sides of compassion

SESSION FORTY-FOUR

The Noble Eightfold Path—Right Speech

Introduction

The importance of right speech

The cost of lying

The importance of telling the truth

Refraining from slander

The emotional tone in our mind

Refraining from useless talk

SESSION FORTY-FIVE

The Noble Eightfold Path—Right Action/Right Livelihood

Introduction

Not killing

The consequences of killing

Abstaining from stealing

Contentment

Abstaining from sexual misconduct

Right livelihood

SESSION FORTY-SIX

The Noble Eightfold Path—Right Effort/Right Mindfulness/Right Concentration

Introduction

Preventing unwholesome states from arising

Means for abandoning unwholesome states

Arousing wholesome states and nurturing wholesome states

Right mindfulness

Right concentration

The conclusion of the Satipatthana Sutta

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