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~~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? | Vipassana Research Institute~~

Vedana is the meeting ground, the crossroads where mind and body interact, and where our true 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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~~Importance of Vedana & Sampajanna Vipassana~~

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 Sampajanna in Vipassana ...~~

In 'Buddha-speak' vedana is the term for any feeling state we can 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 two very important terms from the Pāli canon.

~~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/intellegence. These sensations – emotional and physical – can be categorized as pleasant, unpleasant or neutral.

~~What is Vedana? - Definition from Yogapedia~~

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 Buddha's teaching. In this second edition S.N. Goenka has contributed a new article that once again stresses the importance of vedana (body sensations) in the ...

~~The Importance of Vedana & Sampajana - Dhamma Books ...~~

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 Aniccasanna of Vipassana in the Pali Text ...~~

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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 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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