

The Gradual Training Links

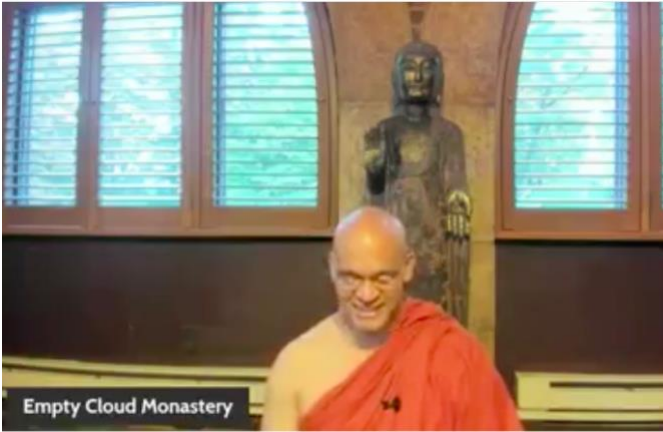
The Gradual Training: An Early Buddhist Map of the Path



Doug's Dharma
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The Gradual Training (Part 1) with Bhante Sumitta

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Gradual Training on the Buddhist Path with Leigh Brasington ...

YouTube · The Sati Center
Feb 12, 2023

10 key moments in this video ^



From 38:39
Gradual Training

From 01:00:49
The Four Stages of
Awakening

From 01:08:54
Precepts

From 01:11:40
Speech

10 key moments in this video ^



1:40
From 01:31:05
Right Speech

From 01:34:23
A History of
Mindfulness

From 01:54:58
Dealing with
Trauma

From 02:06:36
Liberation in the
Palm of Your Hand

<https://www.youtube.com/watch?v=crFM7SmSx9A>



The Gradual Training - Part 1

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The Gradual Training - Part 4: Guarding the Senses

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The Gradual Training - Part 4b Wise Reflection Interwoven with Guarding the Senses.

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The Gradual Training - Part 5 Mindfulness: Like a Trip to the Spa

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The Gradual Training - Part 6: Mindfulness On and Off the Cushion

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Dhamma

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A Gradual Training

The Dhamma, the truth taught by the Buddha, is uncovered gradually through sustained practice. The Buddha made clear many times that Awakening does not occur like a bolt out of the blue to the untrained and unprepared mind. Rather, it culminates a long journey of many stages:[1]

Just as the ocean has a gradual shelf, a gradual slope, a gradual inclination, with a sudden drop-off only after a long stretch, in the same way this Doctrine and Discipline (*dhamma-vinaya*) has a gradual training, a gradual performance, a gradual progression, with a penetration to gnosis only after a long stretch.

— Ud 5.5

continued

<https://www.accesstosight.org/ptf/dhamma/index.html>