

Gil Fronsdal Talks:

5/31/2021 – Fear Part 1 – 6/17/2001

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6/7/2021 – Fear Part 2 – 6/18/2001

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6/14/2021 – Compassion – 11/24/2002

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6/21/2021 – Process of Transformation – 8/3/2003

https://www.audiodharma.org/talks/audio_player/361.html

6/28/2021 – Zen Stories – 5/26/2003 (ref. Suzuki Roshi)

https://www.audiodharma.org/talks/audio_player/323.html

7/5/2021 – Being Present – 6/20/2004

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7/12/2021 – Impermanence – 5/16/2005

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7/19/2021 – Saying Yes Q and A – 8/5/2002

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7/26/2021 – Mindfulness of Breathing - 10/20/2002

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8/2/2021 – Silence – 7/21/2003

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8/9/2021 –Thoughts Part 1 – 10/18/2004

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8/16/2021 –Thoughts Part 2 - 10/25/2004

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8/23/2021 – Mental Noting – 8/15/2005

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8/30/2021 – Walking Meditation – 4/3/2003

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9/6/2021 – Buddha Nature – 9/19/04

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9/13/2021 – Loving Kindness – 2/14/2004

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9/20/2021 – Pain – 11/11/2002

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9/27/2021 – Five Hindrances 1: Intro – 10/13/08

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10/4/2021 – Five Hindrances 2: Sensual Desire 10/20/2008

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10/11/2021 – Five Hindrances 3: ill will - 10/27/2008

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10/18/2021 – Five Hindrances 4: Sloth and Torpor – 11/10/2008

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11/1/2021 – Five Hindrances 5: Restlessness and Worry 11/17/08

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11/8/2021 – Five Hindrances 6: Doubt 11/24/2008

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11/15/2021 - Five Hindrances 7: Discussion 12/1/2008

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12/6/2021 – Responding to the Moment 4/18/2004

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12/13/2021 – Insight – 11/30/03

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12/27/2021 - Suzuki Roshi - 5/9/2004

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