

Harmonious Speech by Bhante Punnaji - 2013

Living in the Moment

What follows is a series of 4 Damma talks given by Bhante Dr. M Punnaji in January 2004 at Friends of Dhamma Meditation Centre in Portland or USA.

Dr. M Punnaji divided the series into the following categories:

Sadha- devotion

Sila- Good behavior

Samadhi- happiness

Panna- understanding

This video production is part of an ongoing effort by those who wish to preserve Bhante Punnaji's comments on the original teachings of the Buddha