Upasana Sutra

Quote from Meditation > Upasana Sutra: “The Upasana Sutra helps write the breasonings details with people.”

Quote from Meditation > Upasana Sutra: “Many listened to the self because of the Upasana Sutra.”

Quote from Meditation > Upasana Sutra: “Upasana meditators are in a lineage.”

Quote from Meditation > Upasana Sutra: “Upasana means meditation.”

Quote from Meditation > Upasana Sutra: “Upasana helps with seeing breasonings.”

Quote from Meditation > Upasana Sutra: “I chose positivity in areas of study.”

Quote from Meditation > Upasana Sutra: “I found all the goals by using my compass, protractor, ruler, pencil, eraser and map in the rogaining activity.”

Quote from Meditation > Upasana Sutra: “I removed the mistakes (wrote correctly) in the text.”

Quote from Meditation > Upasana Sutra: “I saw clear imagery.”

Quote from Meditation > Upasana Sutra: “I examined the inside and the outside of the Upasana thoughts.”