

The recordings refer to the following terms in places:

- Bhante and Sangharakshita: Founder of the Western Buddhist Order
- The 4 stage mindfulness of breathing practice: 1st stage: silently count at the end of each exhalation (up to 10 breaths, then starting at "1" again); 2nd stage: count at the beginning of each inhalation (up to 10, then starting at "1" again); 3rd stage: dropping the counting; 4th stage: keeping the focus where the breath first enters the body
- Metta (loving kindness) meditation: Bringing to mind, with a friendly attitude: oneself, then a good friend, neutral person, difficult person and in the final stage extending friendliness to all beings.
- Karuna: compassion
- Upekkha: equanimity
- Paticca samuppada: conditionality, the law of dependent origination