4 Mar 2018 - Ajahn Sucito in Singapore - The duties of heedfulness (Q&A)

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| Time | Question (paraphrased) |
| 000 | What is meant by the phrase that “Nibanna is the extinguishing of oil and wick”? |
| 2:26 | Before I started meditation I felt more uneasiness. Now with daily meditation I feel more at ease. Does this have to do with the idea of energy you talked about yesterday? (file: 3 Mar pm Buddhist Library Qi and Anapanasati) |
| 4:54 | How can we recognize action that results from “right mindfulness” as opposed to the action that results from responses to habitual tendencies? |
| 11:34 | How can we get to catch the mental side of it? |
| 24:03 | My question is almost the opposite. How do you deal with procrastination – for example by over complicating things? |
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