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Central to Zen is the practice of dhyana or meditation.. Origins. The practice of meditation entered into Chinese through the translations of An Shigao (fl. c. 148â€“180 CE), and Kumārajīva (334â€“413 CE), who both translated Dhyāna sutras, which were influential early meditation texts mostly based on the Yogacara meditation teachings of the Sarvāstivāda school of Kashmir circa 1st-4th ...

### **Zen - Wikipedia**

In Chinese Chǎn and Korean Seon, the primary form of Koan-study is kanhua, "reflection on the koan", also called Hua Tou, "word head". In this practice, a fragment of the koan, such as "mu", or a "what is"-question is used by focusing on this fragment and repeating it over and over again:Who is it who now repeats the Buddha's name?

### **Kōan - Wikipedia**

4 forwArd All spiritual paths are pointers at best and become religious dogma at worst. Zen, although a clean form of Buddhism with its magnificent Koans which both lure

### **The Zen Koan Notebooks - Stephen H. Wolinsky Ph. D.**

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2 The Prajna Paramita Heart Sutra Translated from Sanskrit into Chinese By Tripitaka Master Hsuan Tsang Commentary By Grand Master Tâ€™an Hsu Translated Into English

### **Translated by Tripitaka Master Hsuan Tsang Commentary by**

Shantideva was an 8th-century Indian Buddhist scholar who is most well-known for writing the famous buddhist text A Guide to the Bodhisattvaâ€™s Way of Life. I think this is a fantastic quote. Worry can consume a person and suffocate them into inaction. I know Iâ€™m guilty of it and itâ€™s something ...

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