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Shoshin - Wikipedia

Having developed awareness, the practitioner can now focus his or her consciousness on a koan as an object of meditation. Since koans are, ostensibly, not solvable by intellectual reasoning, koan introspection is designed to shortcut the intellectual process leading to direct realization of a reality beyond thought.

Zazen - Wikipedia

Mahayana Buddhism Mahayana Buddhism emerged in the first century CE as a more accessible interpretation of Buddhism. As the "Greater Vehicle" (literally, the "Greater Ox-Cart"), Mahayana is a path available to people from all walks of life - not just monks and ascetics...

Buddhist Sects and Schools - ReligionFacts

Mahayana Buddhism emerged in the first century CE as a more accessible interpretation of Buddhism. As the "Greater Vehicle" (literally, the "Greater Ox-Cart"), Mahayana is a path available to people from all walks of life - not just monks and ascetics.

Mahayana Buddhism - ReligionFacts

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PDF Doc. (340 KB) Fundamentals of Ch'an Meditation Practice â€” by Ting Chen, Tr. Master Lok To. The Fundamentals of (Ch'an) Meditation Practice by Ting Chen. "Originally, one's own mind and nature are pure, and there is nothing to accept and nothing to refuse; there is neither existence nor non-existence; there is only clear understanding without attachment and with no dwelling. One who wants ...

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Anniversary Edition - eBook or paperback / See Below "Mindfulness in Plain English" has been on UrbanDharma.org a while now for free download, but the edition I posted years ago was the first edition and is now rather dated.

Mindfulness In Plain English - Urban Dharma / Buddhism in

Ultimately, the way a group reacts to allegations of misconduct may be a better indicator of its underlying dysfunction than the content of the allegations themselves. Christopher Hamacher The BBC reported on September 26, 2016 about how sexual abuse in the FWBO (Friends of the Western Buddhist Order) nowadays Triratna Buddhist Order (TBO) happened under

FWBO / Triratna Sangharakshita Cases of Sexual Abuse

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

ZEN PENCILS » 39. SHANTIDEVA: What, me worry?

Ayn Rand (1905-1982) was a Russian-American writer and philosopher. She's famous for her two novels, The Fountainhead and Atlas Shrugged, and creating a new system of philosophy called Objectivism. I didn't know anything about her before adapting this quote but she seems to have lived a very interesting life.

ZEN PENCILS » 41. AYN RAND: The question

Bibliography of Translations from the Chinese Buddhist Canon into Western Languages. Last updated: 2018-12-03. This is a working bibliography of translations of Chinese Buddhist texts mainly from the Taisho edition of the canon.

Bibliography of Translations - mbingenheimer.net

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Tai Chi Chuan (Taijiquan): Bibliography, Links, Resources

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