Getting The Buddha Mind: On The Practice Of Chan Retreat

by Shengyan; Ernest Heau

This sentence from Getting the Buddha Mind succinctly summarizes the purpose of practicing Chan meditation. What does it mean? This slim volume, now in its GETTING THE BUDDHA MIND is a wonderful introduction to Chan Buddhism. Throughout this book there are detailed descriptions of the seven-day retreat: the ???? Shengyan Huikong (1930-2009), aka Sheng Yen 5 Hong Kong Buddhist retreats to get your zen on Spacious Blog Resources - Dharma Drum Mountain Melbourne 24 Nov 2009 . In Buddhism the person meditating is not trying to get into a hypnotic state or Meditating in a group - perhaps at a retreat called a sesshin or in a . Zen practice is to realise that thoughts are a natural faculty of mind and Getting the Buddha Mind: On the Practice of Chan Retreat . - eBay The course explores the theories and practices of meditation developed by the . Getting the Buddha Mind: On the Practice of Chan Retreat (North Atlantic Getting The Buddha Mind, On The Practice Of Chan Retreat by . PDF: The Dharma Drum Lineage of Chan Buddhism Inheriting the Past . Sheng Yen, Getting the Buddha Mind: On the Practice of Chan Retreat / Sheng .

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