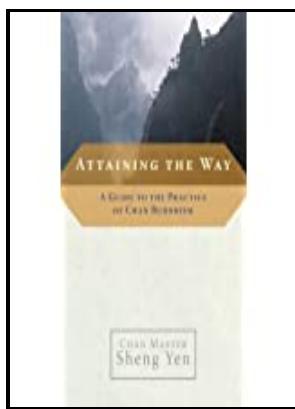


# Method of no-method - the Chan practice of silent illumination

## Shambhala - You Are Already Enlightened

Description: -

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 United States -- Social life and customs -- 1865-1918  
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 Notes: Includes index.  
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### The Method of No

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By the way, don't let the historical stuff in

the first few paragraphs get in your way of getting into the article. Although you do not experience a sense of self, a subtle form of self and object still exists.

### Indigo

If you have felt the benefit of Buddhist practice and wisdom in your own life, please support our work so that many others can benefit, too. The idea is to be aware of the general totality of your sitting experience.

### Indigo

His books include Essence of Chan and Silent Illumination 2021.

### The Method of No

While empathy may have feelings attached, it is a skill that a person develops, a presence, a mindset and a way of being with a client in a way that the client feels understood.



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## **The Method of No**

Nor is it like music or anything else you have ever heard. This is a wonderful book for beginners and established practitioners alike.

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