

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

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Description: -

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 United States -- Social life and customs -- 1865-1918  
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 Delmonicos Restaurant (New York, N.Y.) -- History -- 19th century  
 Spencer, Herbert, -- 1820-1903 -- Influence  
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 Richard -- III, -- King of England, -- 1452-1485.  
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 Arthur, -- King.  
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 Knitting  
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 Zhengjue, -- 1091-1157method of no-method - the Chan practice of silent illumination  
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 Notes: Includes index.  
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## You Are Already Enlightened

It is just that the sense of self-reference is diminished and the burdens of normal vexations have temporarily vanished. This is true Silent Illumination.

## The Method of No

He was wise and funny and much of his undergraduate work was with Chinese poetry so he had a wonderful sense of language.

## You Are Already Enlightened

Topics: , , , , , , Thank you for this article.

Tags: #The #Method #of #No

## You Are Already Enlightened

Thus people usually close their minds to others' feelings, states and needs, otherwise we would regularly feel too much pity etc. In this very moment, mind just is— wakeful and still, clear and without delusion.

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