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# Opening The Hand Of Thought Foundations Zen Buddhist Practice Kosho Uchiyama

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## **Opening The Hand Of Thought**

By opening the hand of thought we release the grasp that thoughts hold us by, which is what defines most people's lives. Kosho Uchiyama writes with a simplified manner, talking about

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deep concepts in an amazingly simple way, removing a lot of the poetic manner some books are written in, to create an easier to understand guide.

## **Amazon.com: Opening the Hand of Thought: Foundations of ...**

As Jisho Warner writes. For over thirty years, Opening the Hand of Thought has offered an introduction to Zen Buddhism and meditation unmatched in clarity and power. This is the revised edition of Kosho Uchiyama's singularly incisive classic. This new edition contains even more useful material: new prefaces, an index, and extended endnotes, in addition to a revised glossary.

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zazen as neither developing thoughts, nor hating them, but releasing them (hence the title Opening the Hand of Thought).

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Zazen is opening the hand of thought (not grasping thought) and returning to seeing the wall millions of times. "Opening the Hand of Thought" addresses the vast world of seated meditation and the religious and personal

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Hand of Thought is above all a great book for the Buddhist practitioner. It's a perfect follow-up for the reader who has read Zen Meditation in Plain English and is especially useful for those who have not yet encountered a Zen teacher.

## **Opening the Hand of Thought | Book by Kosho Uchiyama**

...

The only way to wake up and return to the “reality of life,” according to Uchiyama Roshi, is to sit zazen and practice the subtle action, or nonaction, that he refers to by the wonderfully graphic term, “opening the hand of thought.”

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When we are aware this separation and interaction is happening, we stop doing it and return to just sitting. To stop doing this is called letting go of thought, or in my teacher's expression, "opening the hand of thought." We return to this oneness or the reality before separation between subject and object.

## **opening the hand of thought | The Dōgen Institute**

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contains even more useful material: new prefaces, an index, and extended end notes are here, in addition to the book's revised glossary and main sections. But then, the book's utility was never in question.

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