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Uchiyama

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Sh?haku Okumura on Opening the Hand of Thought - YouTube

Opening the hand of thought. August 5, 2012 Posted by ourfriendben in Reiki, Reiki wisdom. Tags: Kosho Uchiyama, Opening the Hand of Thought, Reiki Ideals, Reiki Precepts, Reiki Principles, Zen, Zen and Reiki add a comment. I've recently been reading Kosho Uchiyama's Zen classic, Opening the Hand of Thought. At first sight, the title might seem like a

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koan: The mind has thoughts, not the hand.

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Opening the Hand of Thought. Approach to Zen. By Tracy Cochran Spring 1994. Kosho Uchiyama Translated by Shohaku Okumura and Tom Wright Edited by Jisho Cary Warner Penguin/Arkana: New York, 1993. 233 pp., \$12.00 (paper).

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ideas appear to us as a unified whole. Depending on what our thoughts and ideas are, our world may appear to us in completely different ways.

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Uchiyama was author of more than twenty books on Zen Buddhism and origami, of which Opening the Hand of Thought: Foundations of Zen Buddhist Practice is best known. Uchiyama graduated from Waseda University with a masters degree in Western philosophy in 1937 and was Kosho Uchiyama (?? ?? Uchiyama K?sh??, 1912—March 13, 1998) was a S?t? priest, origami master, and abbot of Antai-ji ...

Opening the Hand of Thought: Approach to Zen by Kosho Uchiyama

21 January 2018. Okumura R?shi continues his series of talks on Opening the Hand of Thought, beginning a section on page 118 where Uchiyama Roshi discusses the story of the strict 11th century ...

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Opening the Hand of Thought | The Reiki Blog

Wonder is how we open "the hand of thought." It can lift our minds out of the mud of rational resignation and open them into wild relational cart wheels of insight. Wonder is the place where prejudices fall away and our capacity to notice life increases. You have known how to do it since you were a child.

Shohaku Okumura on *Opening the Hand of Thought* (#202):
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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.

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