



Words of Wisdom: Practice

Hsuan Hua

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What are the four types of wisdom?

What is the difference between sudden and gradual enlightenment?

How can I tell if I am gaining skill in mediation?

How can I avoid injuries when cultivating?

Why is eating properly important?

What can sabotage my cultivation?

Advice for the serious meditator, pointing out the pitfalls of meditation and offering helpful suggestions about practice. Compiled from three decades of lectures given by the late Chan Master Hsuan Hua.

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