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foundation to our practice and development we set aside time each morning and evening to sit with ourselves in the zendo lighting the candle the incense and reciting the wisdom heart sutra we renew our vows and bring ourselves to the practice of studying ourselves'

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'meditation in china confuciusmag

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May 31st, 2020 - as a result of such influences some aspects of buddhism in the west can appear as outlandish to asian buddhists as traditional forms of asian buddhism may seem to the average western practitioner the middle way approach that emerges from all this is one that does not dogmatically assert the correctness of one tradition over another be this a form of western buddhism or any particular asian'

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