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Stillness, Cut The Moving Momentum Of Thoughts;
Within Movement, Recognize The Nature Of Stillness.
With Stillness And Movement Non-dual, Sustain
Ordinary Mind. In The Experience Of One-pointedness,
Recite The Six-syllable Mantra. Through Analyzing
Apparent Reality, Determine The Nature Of Genuine
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The Dark Retreat, Which Entails Doing Contemplative Practice While Staying In A Dark Room For A Month Or So. If It Is Done Properly It Yields Profound Realization, But If It Doesn't Go Well There Is The Danger Of Creating Even Greater Difficulties For The Person. Another Example Is The Pra Jan 3th, 2024

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