

禪宗的修行方法

禪宗的修行方法，包括坐禪、經行、念佛、持咒、觀想、夢觀、死觀等。其中，坐禪是最基本的修行方法，也是禪宗最著名的修行方法。坐禪時，修行者要坐好，心要靜，呼吸要平，身體要直，頭要正，眼要微垂，心要專注於呼吸或佛號。經行是在行走時修行，念佛是念誦佛號，持咒是念誦咒語，觀想是觀想佛像或境界，夢觀是觀想夢境，死觀是觀想死亡。



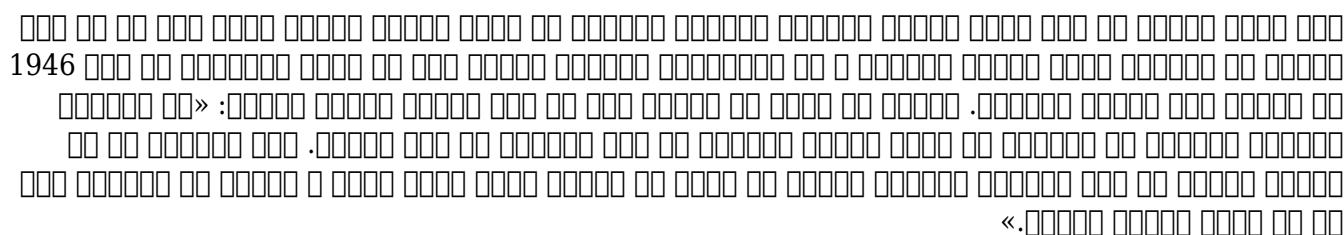
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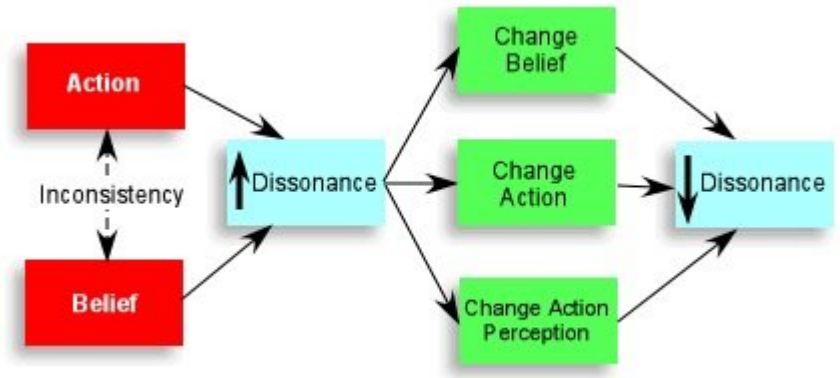


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!Dissonance Theory: Beliefs and Actions are Inconsistent

Dissonance theory is a psychological theory that explains how people experience discomfort when their beliefs and actions are inconsistent. This discomfort, known as dissonance, motivates people to change their beliefs or actions to achieve consistency. The theory is based on the idea that people have a natural tendency to maintain a state of cognitive harmony. When this harmony is disrupted by conflicting beliefs or actions, the resulting dissonance creates a psychological tension that must be resolved.



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