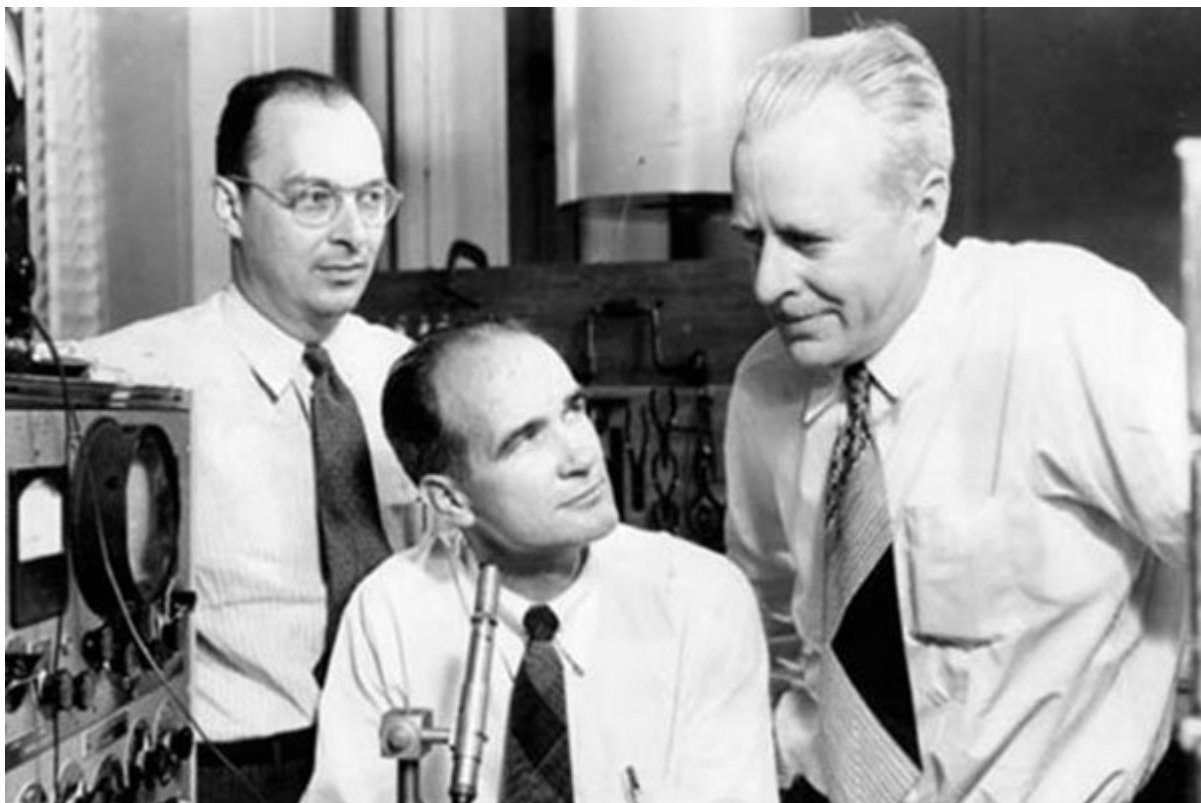


禪

「禪」是佛教中一種修行的方法，強調在日常生活當中，隨時隨地保持覺醒與專注。

禪修的方法有很多，包括坐禪、行禪、觀禪等。坐禪是最常見的一種禪修方法，要求修行者坐在一張椅子上，保持身體端正，雙手放在膝蓋上，閉上眼睛，專注於呼吸。



禪修的目的是為了達到心靈的平靜與智慧。通過禪修，人們可以學會控制自己的情緒，減少煩惱，提高專注力。禪修還可以幫助人們更好地理解自己，發現生命的意義。在現代社會中，禪修被認為是一種有效的壓力管理方法，可以幫助人們在繁忙的生活中找到片刻的寧靜。

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2. 1920-1939. The first part of the work is devoted to the study of the properties of the metal. The author describes the results of the experiments and the methods used. The work is written in a clear and concise style, with a focus on the technical details of the experiments. The author's conclusions are based on a thorough analysis of the data obtained. The work is a valuable contribution to the field of metal science.

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