

「禪」係指一種精神狀態，即「禪定」，又稱「三昧」。此種狀態係指心靈專注於一物，而達到一種寧靜、平和、無煩惱之境界。

禪定之修習，係指透過各種方法，如坐禪、經行、念佛等，使心靈專注於一物，而達到一種寧靜、平和、無煩惱之境界。



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禪定之修習方法

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