

「禪」係指一種精神狀態，即「禪定」。

「禪」係指一種精神狀態，即「禪定」。



「禪」係指一種精神狀態，即「禪定」。

禪定之修持

1. 禪定之修持

「禪」係指一種精神狀態，即「禪定」。

.0000 0000 000000 00000 00 00 00 0000 000 3 00 2 00 -
 .0000 0000 000000 0000 0000 00 00000000 00000 0000 00 0000 00000 00 -
 .0000 000000 000000 000 00 00 00000 00 000000 000 -
 .0000 000000 000 0000000 00 000 00 00 000 000 -

[illegible]

10

[illegible]

2. ٲٲٲٲ ٲٲٲٲٲٲ ٲٲ ٲٲ ٲٲٲٲٲ ٲٲٲ ٲٲ ٲٲٲ

ٲٲٲٲٲٲ ...ٲ ٲ ٲٲٲٲ ٲٲٲٲ ٲٲٲٲ ٲٲٲٲ ٲٲٲٲٲ ٲٲٲٲ ٲٲ ٲٲٲٲٲ ٲٲٲٲٲٲ ٲٲٲٲٲٲ ٲٲٲٲٲ ٲٲٲٲٲ ٲٲٲٲ ٲٲٲٲ. ٲٲٲٲٲٲٲ ٲٲٲٲ ٲٲ ٲٲٲٲٲٲ ٲٲٲٲ ٲٲ ٲٲٲٲٲٲٲٲٲٲٲ ٲٲ ٲٲٲٲ ٲٲٲ ٲٲٲٲ ٲٲٲٲ ٲٲٲ ٲٲ ٲٲٲٲ. ٲٲٲٲٲٲ ٲٲٲٲ ٲٲٲ ٲ ٲٲٲٲٲ ٲٲٲٲ ٲٲٲٲ ٲٲٲ ٲٲ ٲٲٲٲٲ ٲٲٲ ٲٲ ٲٲٲ ٲٲٲ ٲٲ ٲٲٲٲ ٲٲ ٲٲٲٲ ٲٲٲٲٲ. ٲٲٲٲٲ ٲٲٲٲٲٲ ٲٲٲ ٲٲٲٲٲٲٲٲٲٲٲ ٲٲ ٲٲ ٲٲٲٲٲ ٲٲٲٲ ٲٲٲ ٲٲٲ. ٲٲٲٲٲٲ ٲٲٲٲٲٲ

3. ٲٲٲٲ ٲٲٲٲٲٲٲٲ ٲٲٲٲ ٲٲٲٲٲٲٲٲٲٲ ٲٲ

ٲٲٲٲٲ ٲٲ ٲٲٲٲ ٲٲٲٲٲ ٲٲٲٲ ٲٲ ٲٲٲٲٲ ٲٲٲ ٲٲٲٲٲٲٲٲٲٲٲ ٲٲٲٲ ٲٲٲٲٲ ٲٲٲٲ ٲٲٲٲٲ ٲٲٲٲٲٲٲٲٲ ٲٲٲٲٲٲٲٲٲٲ ٲٲ ٲٲ ٲٲٲٲٲٲٲ ٲٲٲٲٲٲٲٲٲٲ ٲٲٲٲ ٲٲٲٲٲ ٲٲٲ. ٲٲٲٲٲٲ ٲٲٲٲٲ ٲٲٲٲ ٲٲٲٲ ٲٲ ٲٲ ٲٲٲ ٲ ٲٲٲٲٲ ٲٲٲٲ ٲٲٲٲٲ ٲٲ ٲٲ ٲٲٲٲٲ ٲٲٲٲٲٲٲ ٲٲٲٲٲٲٲٲٲٲٲٲٲ. ٲٲٲٲٲٲٲ ٲٲٲٲٲٲٲ ٲٲٲٲٲٲٲٲ ٲٲٲ ٲٲٲ ٲٲٲٲٲٲٲ ٲٲٲٲٲٲٲٲٲٲ ٲٲٲ ٲٲ ٲٲٲ ٲٲ ٲٲٲٲٲ ٲٲٲٲٲ ٲٲٲٲ ٲٲٲٲ ٲٲ ٲ ٲٲٲٲ ٲٲٲٲٲٲٲٲ ٲٲٲٲ ٲٲٲٲٲٲٲٲٲٲٲ ٲٲ ٲٲٲ ٲٲٲٲ. ٲٲٲٲٲٲ ٲٲٲ ٲٲٲٲ ٲٲٲٲٲٲ. ٲٲٲٲٲ ٲٲٲ ٲٲٲٲ ٲٲ ٲٲٲ ٲٲٲ. ٲٲٲٲٲٲ ٲٲٲٲٲ ٲٲٲٲ ٲٲ ٲٲٲٲٲٲٲ

4. ٲٲٲٲ ٲٲٲٲٲٲٲ ٲٲٲٲ ٲٲٲٲٲٲٲٲٲٲ ٲٲ ٲٲٲٲٲٲٲ

ٲٲٲٲ ٲٲٲٲٲٲٲ ٲٲ ٲٲ ٲٲ ٲٲٲٲٲ ٲٲٲٲٲٲٲٲ ٲٲ ٲٲٲٲٲٲٲٲ ٲٲ ٲٲٲٲٲٲٲٲ ٲٲٲٲ ٲٲٲٲٲٲٲٲٲٲٲٲ ٲٲٲٲٲٲٲٲ ٲٲ ٲٲٲٲ ٲٲٲٲ ٲٲٲٲٲٲٲٲٲٲٲ ٲٲ. ٲٲٲٲٲٲ ٲٲٲٲٲٲٲ ٲٲٲٲ ٲٲٲٲ ٲٲ ٲٲ ٲٲ ٲٲٲٲٲ ٲٲٲٲ ٲٲٲٲ ٲٲٲٲ ٲٲ ٲٲ. ٲٲٲٲٲٲٲ ٲٲٲٲ <classname> ٲٲٲ ٲٲ ٲٲٲٲٲٲٲ ٲٲ ٲٲٲ ٲٲٲ ٲٲٲٲٲ ٲٲٲٲٲ>: ٲٲٲٲٲ <ٲٲٲٲٲٲ ٲٲٲٲٲٲ ٲٲٲٲٲ ٲ ٲٲٲٲٲٲٲ ٲٲٲ ٲٲ ٲٲٲٲٲٲ ٲٲٲ ٲٲ ٲٲٲٲٲٲٲٲٲٲٲٲٲٲ ٲٲ ٲٲٲٲٲ ٲٲٲٲٲ.

:ٲٲٲٲٲٲٲ

ٲٲٲٲٲٲ ٲٲٲٲ

:ٲٲٲٲ ٲٲٲٲ

ٲٲٲٲ ٲٲٲٲٲٲ

ٲٲٲٲٲٲ

:ٲٲٲٲٲٲ ٲٲٲٲ

14:05 - 14/04/1398

:ٲٲٲٲ

ٲٲٲ-ٲٲٲٲ - ٲٲٲ-ٲٲٲٲٲ - ٲٲٲٲٲٲٲ-ٲٲٲٲٲ - ٲٲٲٲ-ٲٲٲٲٲ

ٲٲٲٲ

<https://www.shabakeh-mag.com/cover-story/15592/%D9%85%D8%B5%D8%A7%D8%AD%D8%A8%D9%87%D8%8C-%D9%BE%D9%84%DB%8C-%DA%A9%D9%87-%D8%B4%D9%85%D8%A7-%D8%B1%D8%A7-%D8%A8%D9%87-%DA%A9%D8%A7%D8%B1-%D9%85%DB%8C%E2%80%8C%D8%B1%D8%B3%D8%A7%D9%86%D8%AF>: ٲٲٲٲ