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禪宗是佛教的一個重要宗派，強調直指人心，見性成佛。

禪宗的起源可以追溯到達摩大師，他將禪法傳入中國。禪宗在唐宋時期達到鼎盛，並對中國文化產生了深遠影響。



禪宗強調修行者應通過內在的覺悟來達到解脫，而非依賴外在的儀式或經典。這種思想在宋明理學和中國文學中都有體現。

禪宗的修行方法包括坐禪、經行和日常生活中的覺察。這些方法旨在培養修行者的專注力和覺悟。

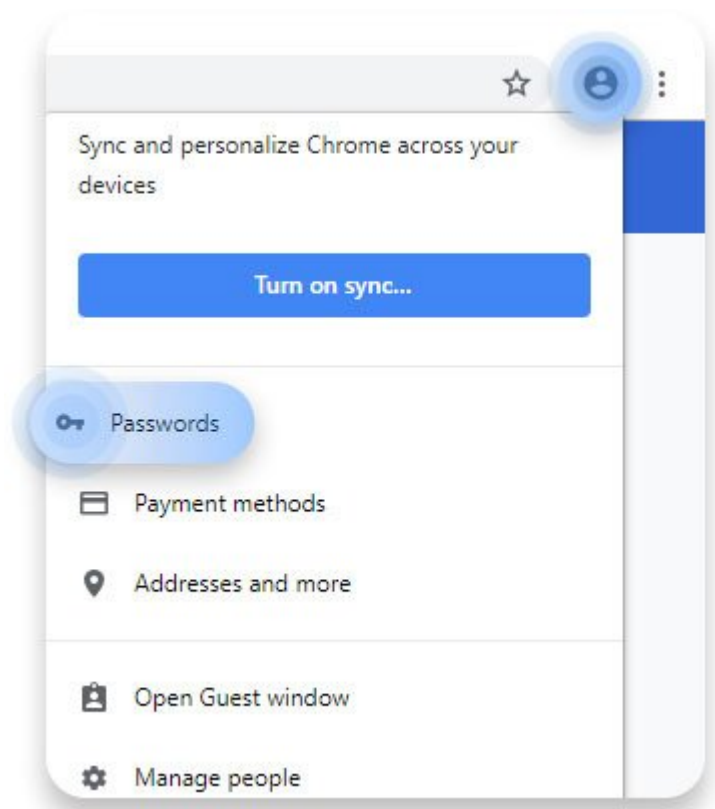
禪宗對中國文化產生了深遠影響，不僅在宗教領域，還在藝術、文學和哲學方面留下了深刻的印記。

禪宗的精神貫穿了中國文化的各個領域，成為中國文化的重要組成部分。

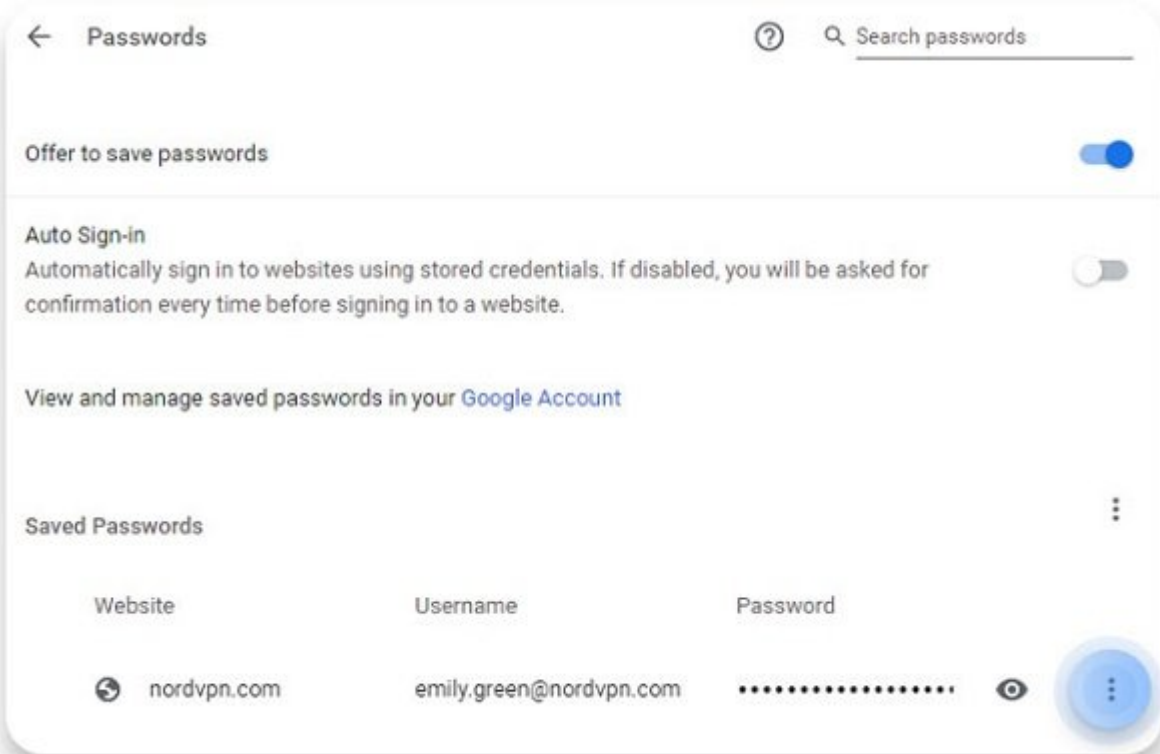
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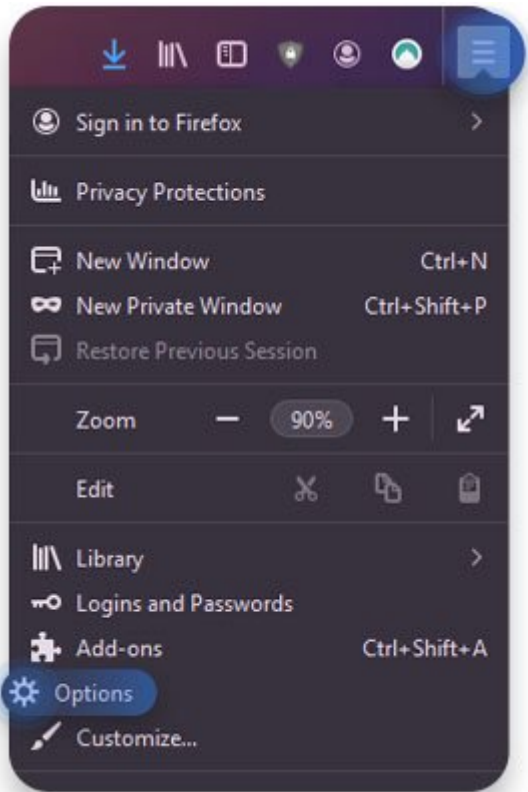


2- Windows 10 OS Windows Defender Windows Firewall Windows Security Windows Update Windows Defender Security Center Windows Defender Security Center Windows Defender Security Center
Remove Windows 10 OS Windows Defender Windows Firewall Windows Security Windows Update Windows Defender Security Center Windows Defender Security Center Windows Defender Security Center

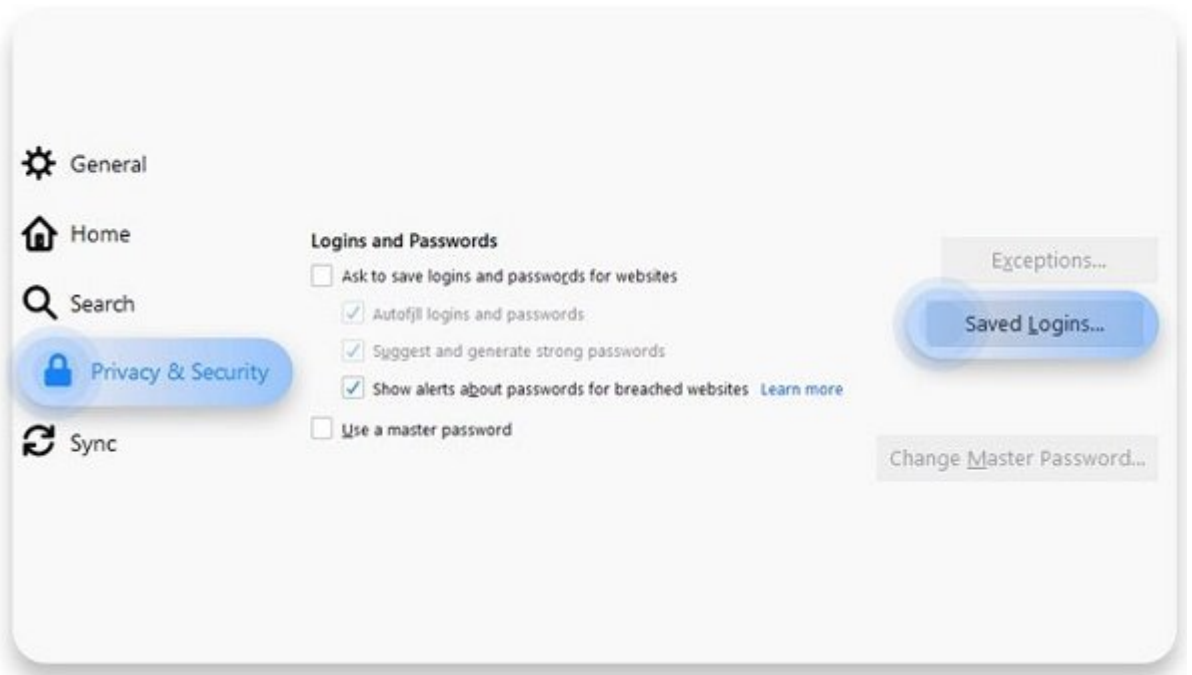


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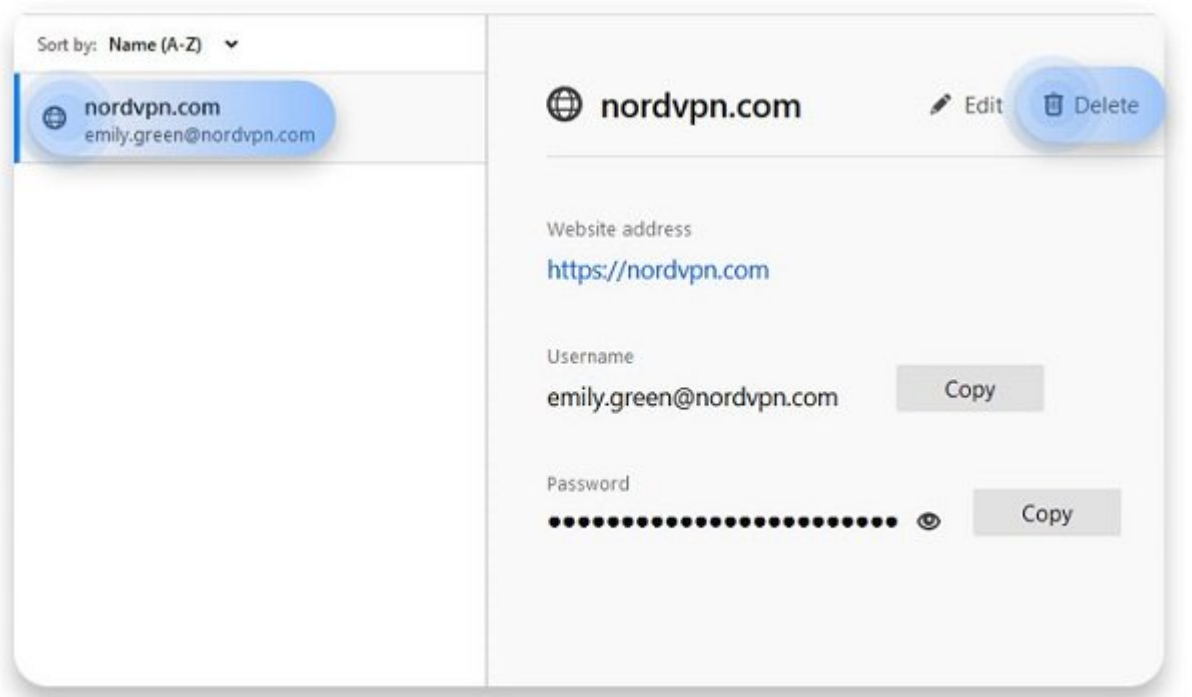
.options menu -1



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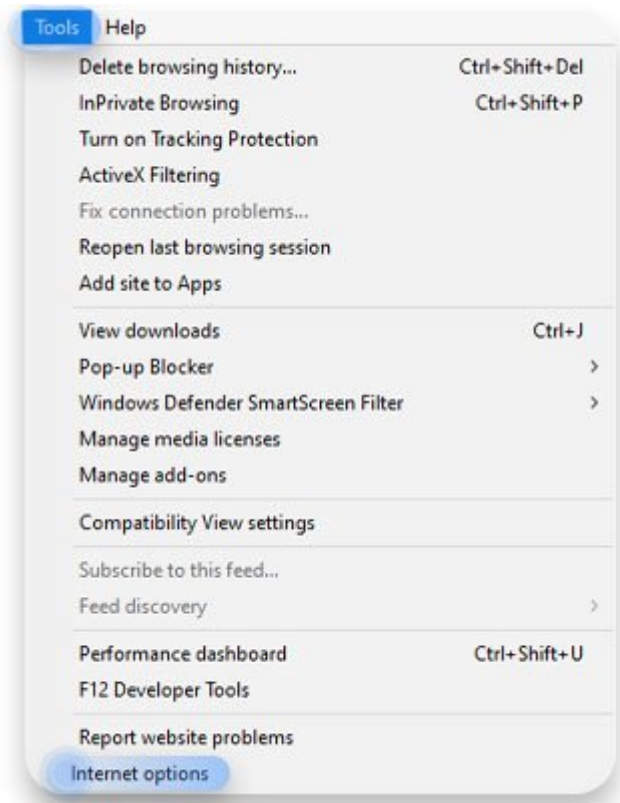


3- Windows Defender ډاټا بېسې ته ننوتلې ډاټا چې د NordVPN لپاره ثبتې شوې وي، دې ډاټا د 'Delete' بټون په مرسته د بېسې نه حذف کړئ.

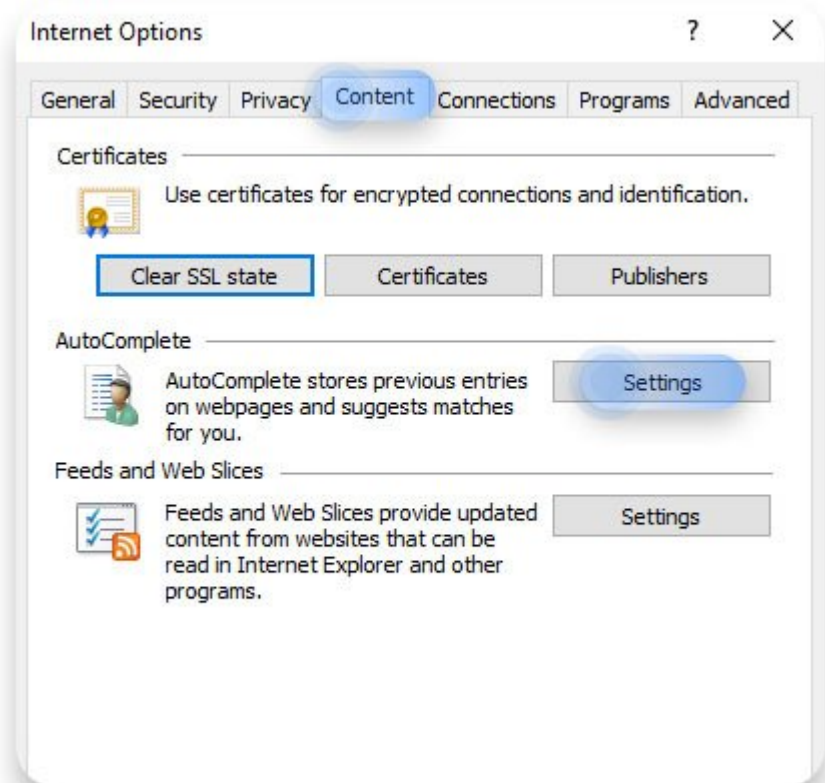


د Windows Defender ډاټا بېسې ته ننوتلې ډاټا چې د NordVPN لپاره ثبتې شوې وي، دې ډاټا د 'Delete' بټون په مرسته د بېسې نه حذف کړئ.

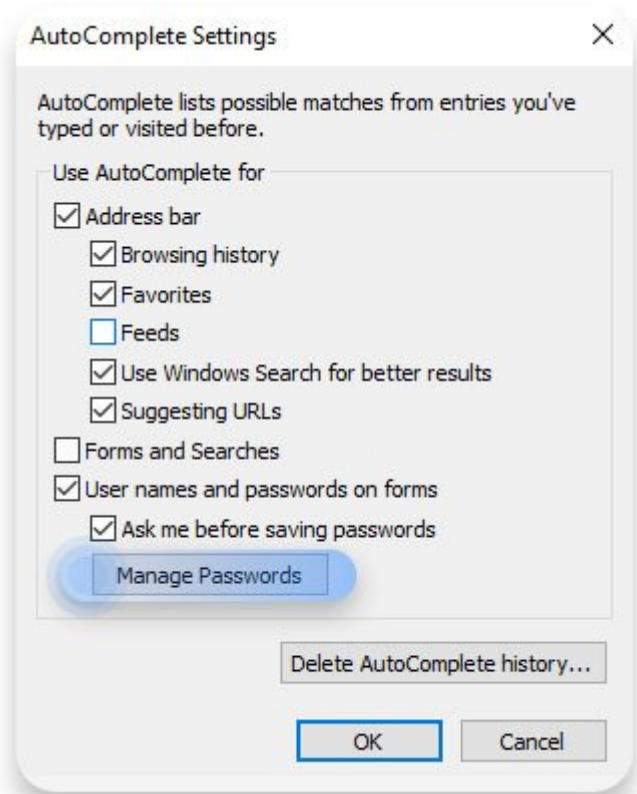
1- د Windows Defender ډاټا بېسې ته ننوتلې ډاټا چې د NordVPN لپاره ثبتې شوې وي، دې ډاټا د 'Delete' بټون په مرسته د بېسې نه حذف کړئ.



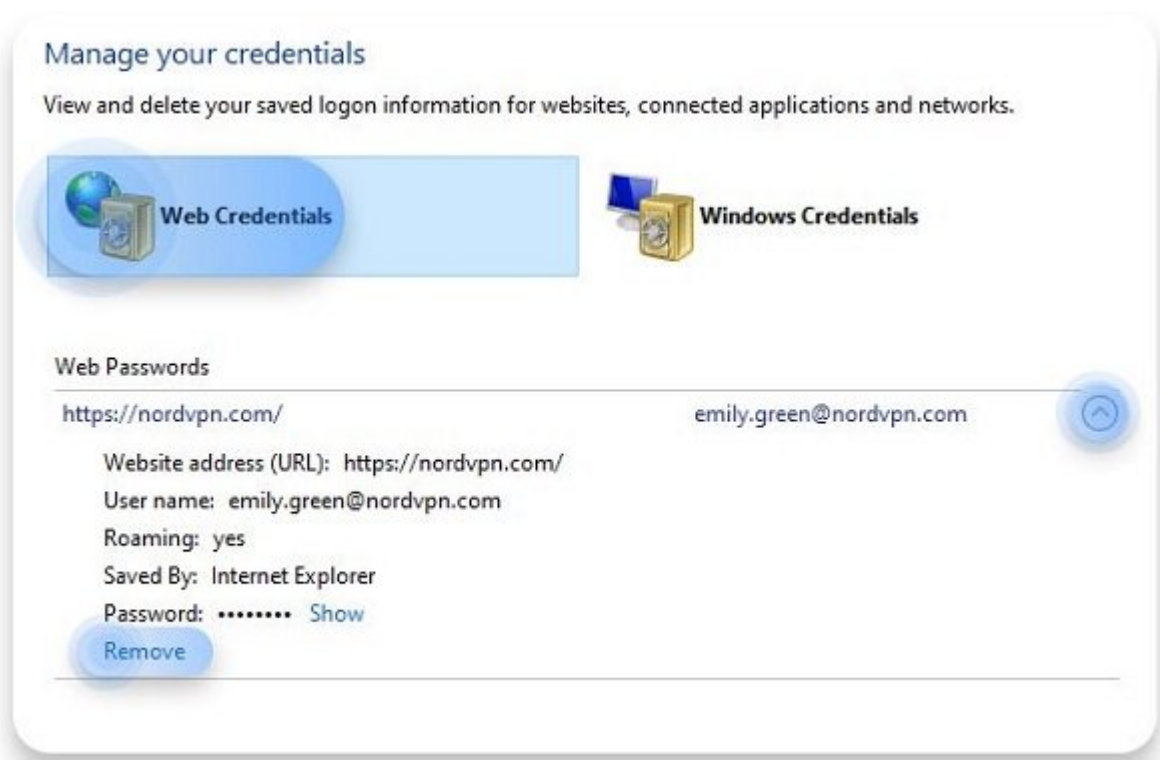
2- در این پنجره، روی تب Content کلیک کنید. در این تب، روی دکمه Clear SSL state کلیک کنید.



3- در این پنجره، روی دکمه Manage Passwords کلیک کنید.



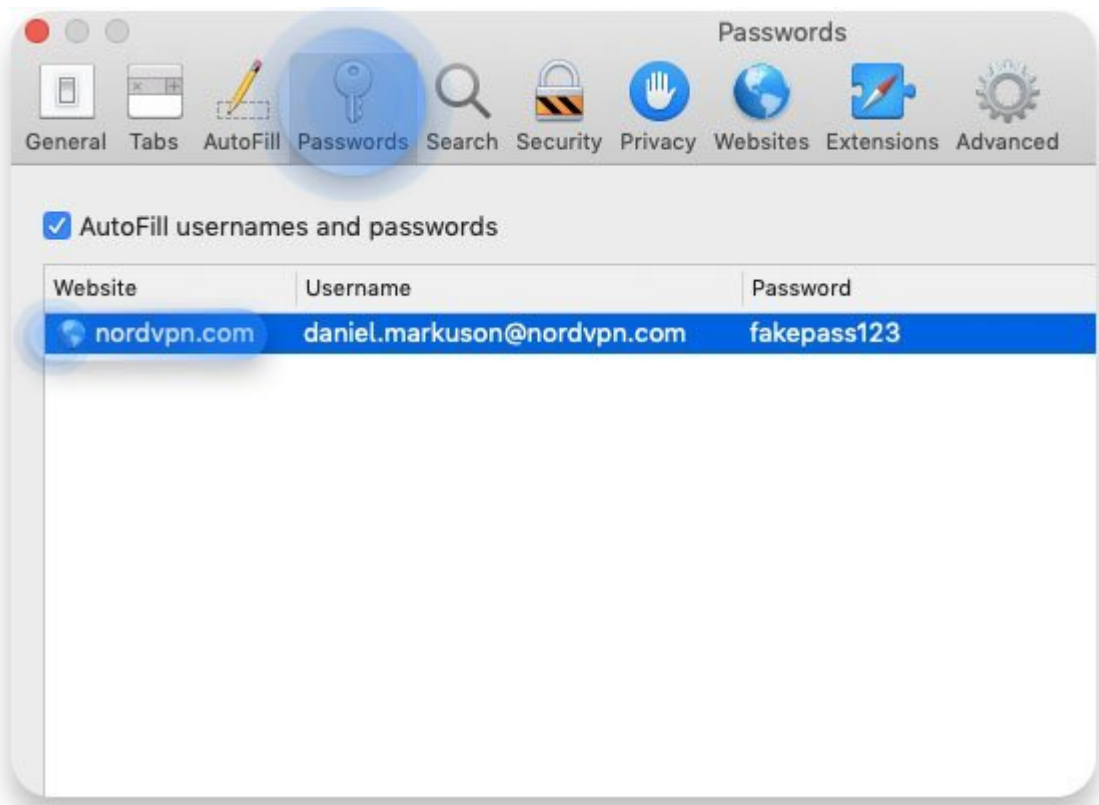
4- Web credentials. You can manage your saved login information for websites, connected applications and networks. To remove a credential, click the Remove button.



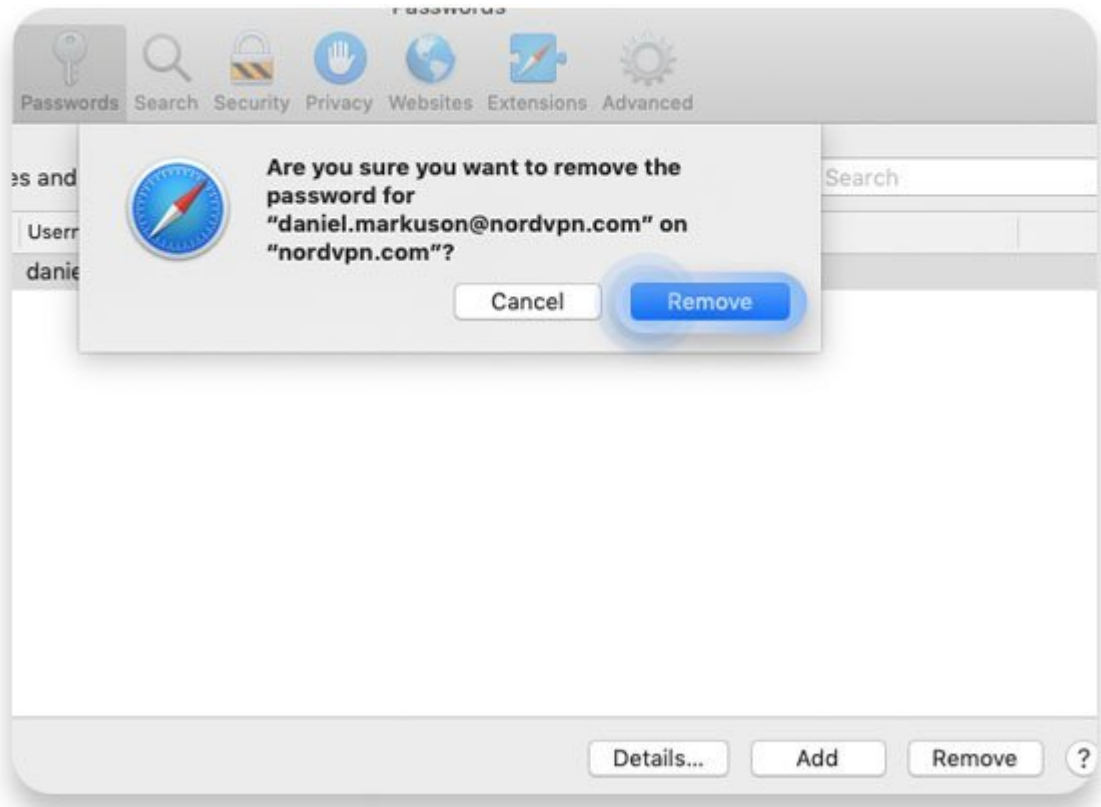
1- Safari preferences. You can manage your saved login information for websites, connected applications and networks. To remove a credential, click the Remove button.



-2 Passwords
 .
 Remove
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-3 Remove
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nordvpn.com

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