

ONENESS WITH THE ABSOLUTE

SPIRITUAL ILLUMINATION

BUDDHISM

Mahayana

Japanese Zen

Soto School

Theory: 10 figures of the bull Practice: Su-soku-kan and Shikantaza

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THE SPIRITUAL PATH
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Entry to the market with charitable spirit (10)	Shikantaza: nothing but sitting adequately (2)
Return to the origin (9)	
Oblivion of the bull and cowherd (8)	
The bull is forgotten, only the cowherd is left (7)	
Return home riding it (6)	
Taming of the bull (5)	
Capture of the bull (4)	Su-soku-kan: observation of the number of breathings (1)
Perception of the bull (3)	
Perception of the tracks (2)	
Search for the bull (1)	
Awakening	

COMMON MAN

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MYSTICOSOFIA
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