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journeys into emptiness dogen pdf

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Resources - BeMindful.org

Bodhidharma was a Buddhist monk who lived during the 5th or 6th century. He is traditionally credited as the transmitter of Chan Buddhism to China, and regarded as its first Chinese patriarch. According to Chinese legend, he also began the physical training of the monks of Shaolin Monastery that led to the creation of Shaolin kungfu. In Japan, he is known as Daruma.

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