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By Roshi Joan Halifax on  
September 30, 2019 in News,  
Roshi Joan Halifax, Upaya's Blog. I  
don't quite remember how  
Uchiyama Roshi's treasure of a  
book, "Opening the Hand of  
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was a friend of his who sent me a

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copy shortly after the revised  
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"Thinking means to be grasping  
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our brain's conceptual 'hand,'" he states. "But if we open it, if we don't conceive, what is in our hand falls away. Our true jiko —Self—also includes that which lets go."

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Kosho Uchiyama (1912-1998) The  
world we live in is not something  
that exists independently of our  
thoughts and ideas. Our world  
and these thoughts and ideas

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appear to us as a unified whole.

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clear, and searching, this  
collection of the writings of an

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iconoclastic Zen master takes a rational approach to transcendence, to the discovery of the unlimited depth of reality, and to understanding the self beyond our usual notions of who we are.

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When we are aware this separation and interaction is happening, we stop doing it and return to just sitting. To stop doing this is called letting go of

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thought, or in my teacher's expression, "opening the hand of thought." We return to this oneness or the reality before separation between subject and object.

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21 January 2018. Okumura Rōshi continues his series of talks on Opening the Hand of Thought, beginning a section on page 118 where Uchiyama Roshi discusses the story of the strict 11th century...

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