

The Practice Method of dibian地遍

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1. Introduction

The Path of Purification



Theravada Buddhist



earth-kasina

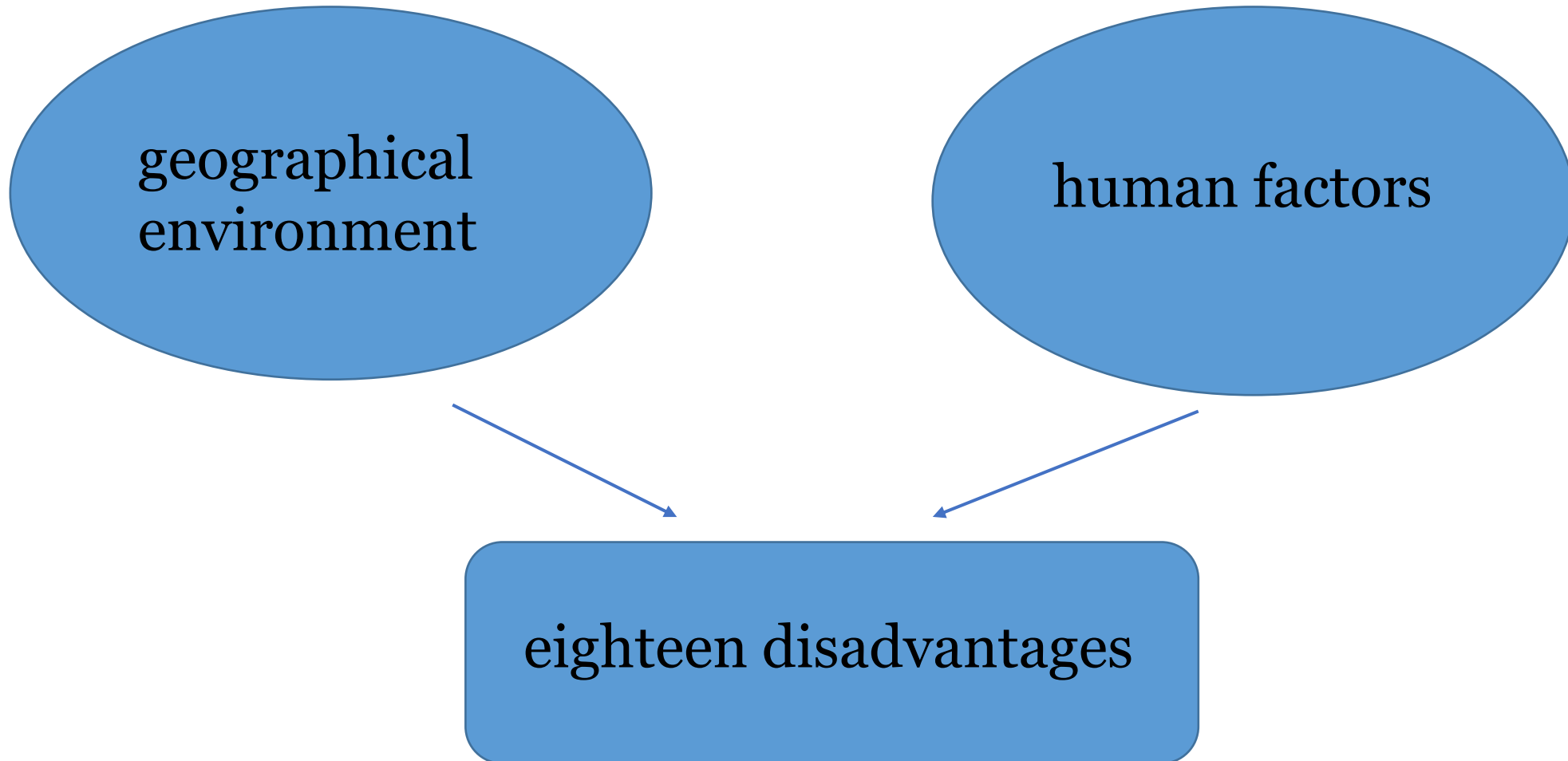
清淨道論

葉均居士



2. Preparatory work

2.1 Choice of residence



2.2 The Lesser Impediments

Haircut



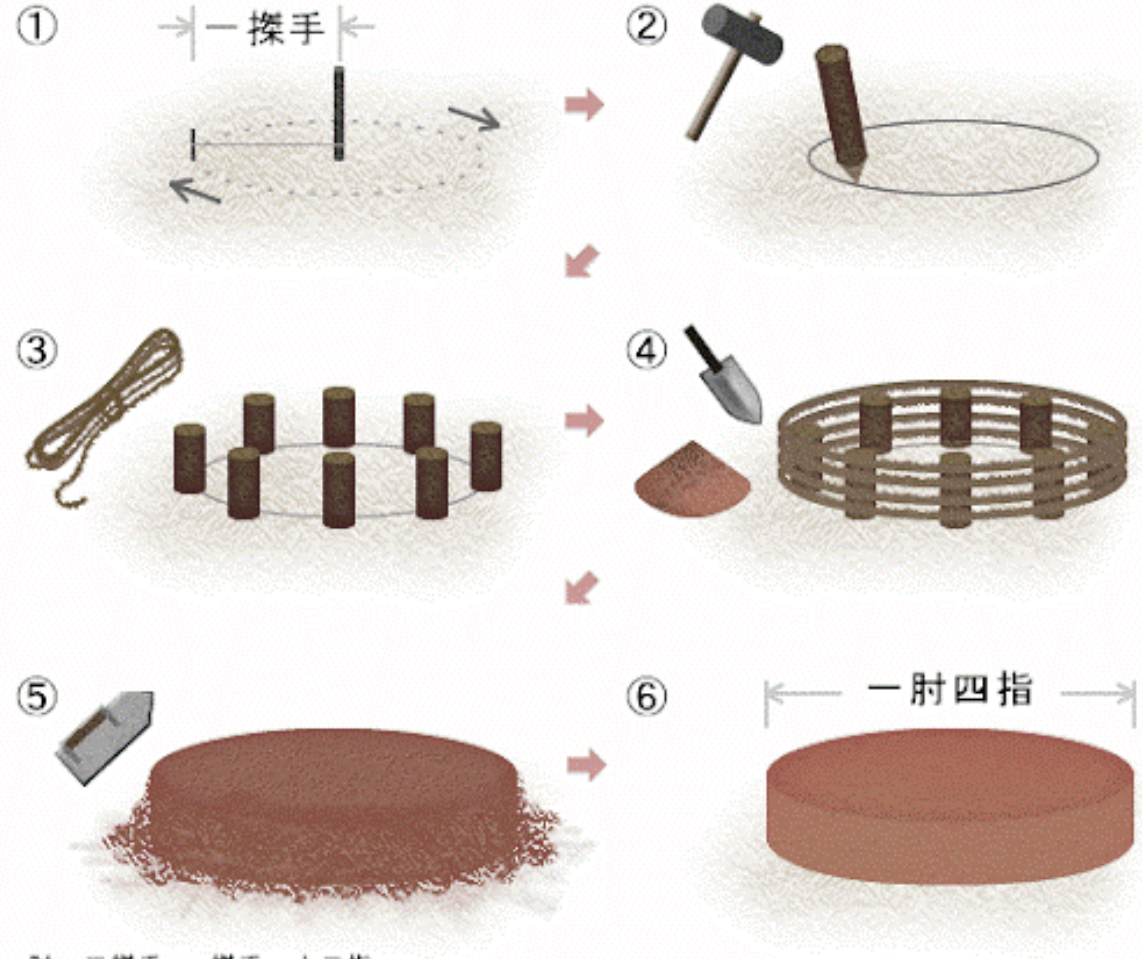
Take a shower



3. Instructions for development

Qudixiang 取地相

■ 地遍曼荼羅 (Pathavī-kasīṇamaṇḍala) の建立法



一肘 = 二搥手 一搥手 = 十二指

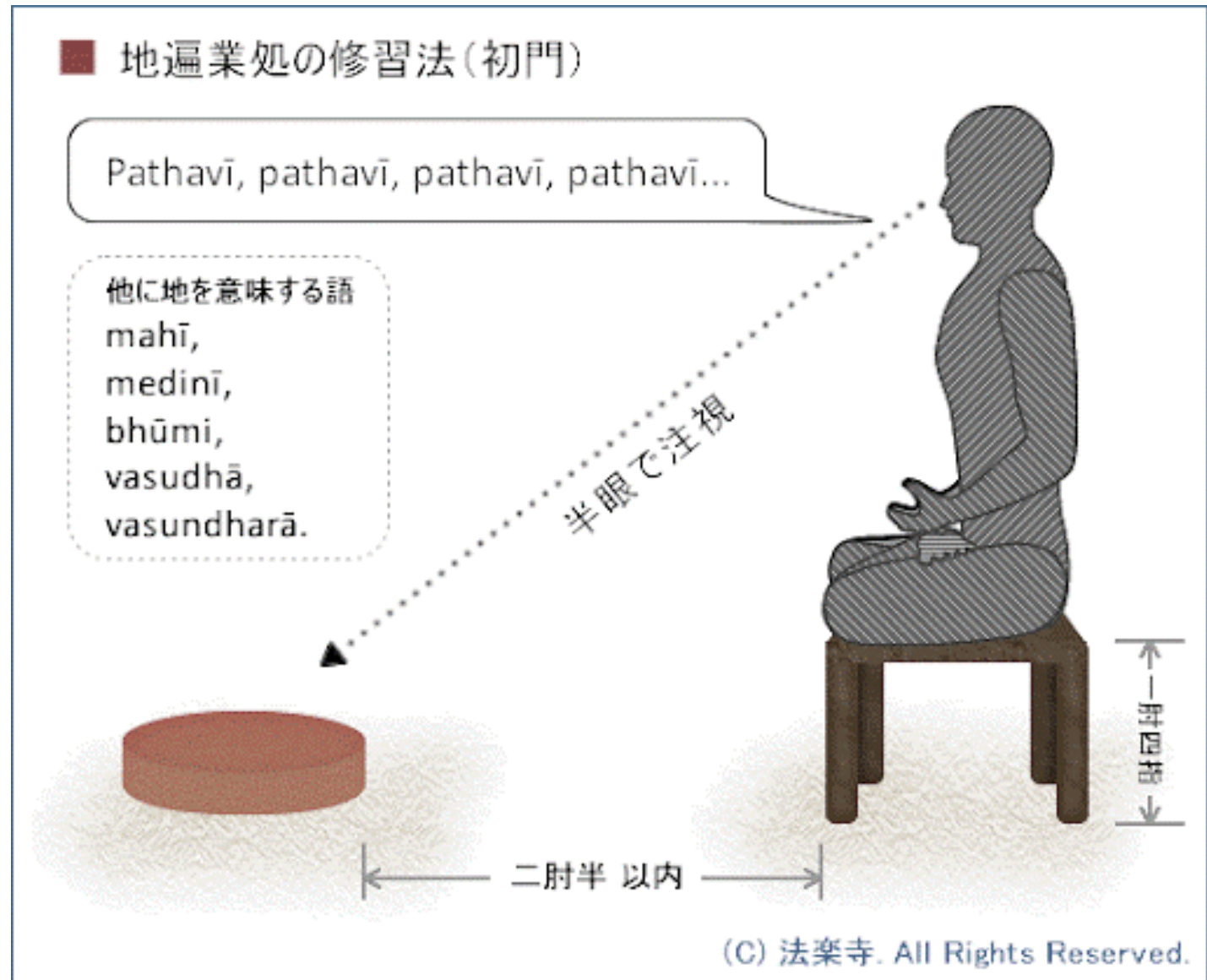
一肘 = 約45cm 一搥手 = 約22.5cm 一指 = 約1.875cm

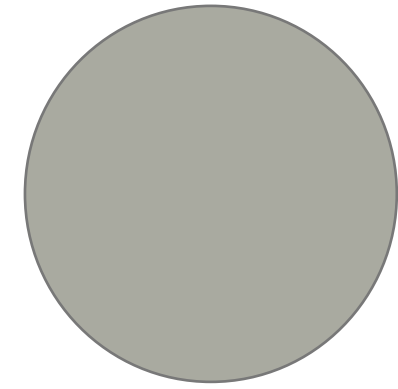
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3.2 Uggaha-nimitta

suitable distance

suitable height

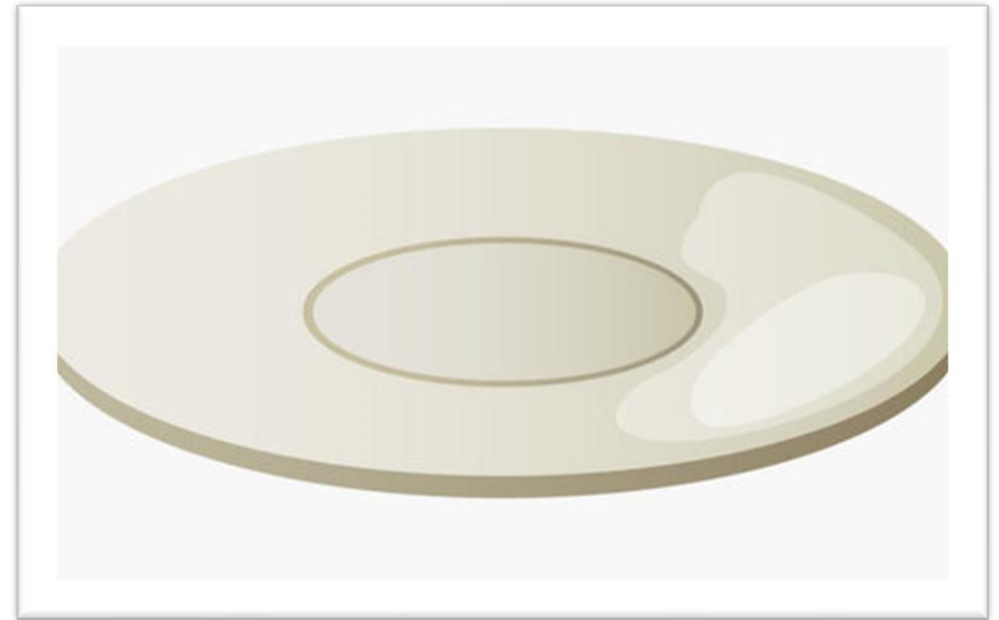
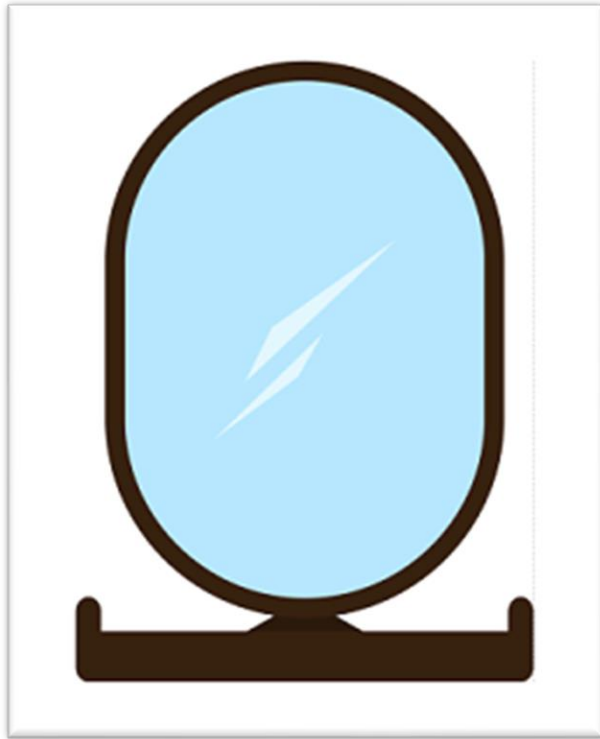




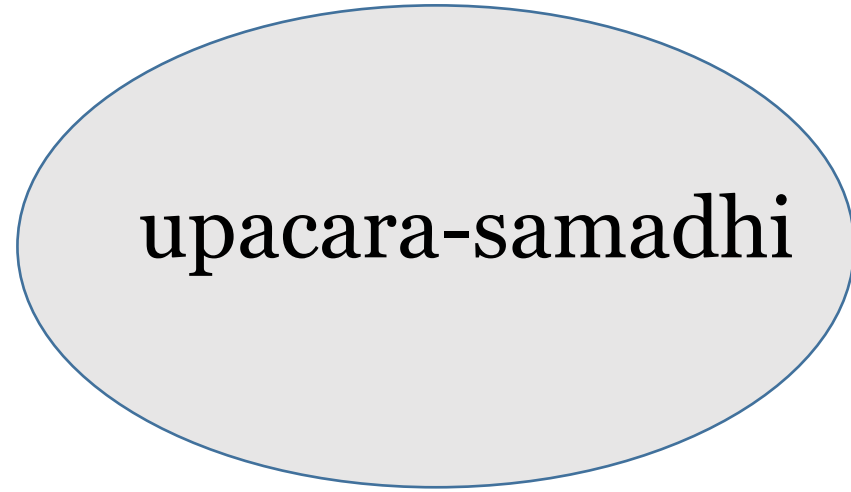
No difference of what he sees when he opens his eyes

3.3 Patibhaga-nimitta

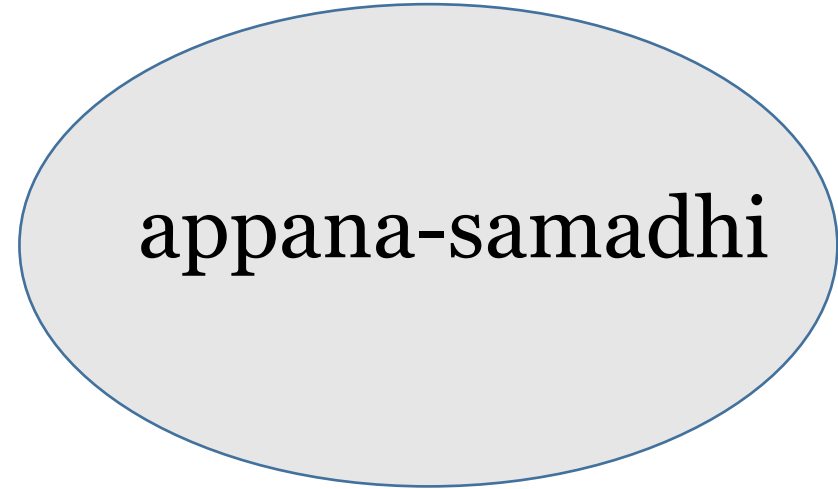
Much better than Uggaha-nimitta



3.4 Two kinds of meditation



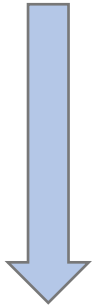
highest meditation in yujie 欲界



five strong Zen branches

4. Conclusion

focus our minds on the things in the present



relieve worries





Thank you for listening