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" Thinking means to  
be grasping or  
holding on to  
something with our

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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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(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 appear to us as a unified whole.

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the way you've  
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child--the way you  
did when you  
were... STEP TWO:  
Bring your attention  
to your hands and  
notice how you  
folded them. Is the  
right thumb folded  
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Hand of Thought, ”  
the monk Kosho  
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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

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this separation and interaction is happening, we stop doing it and return to just sitting. To stop doing this is called letting go of thought, or in my teacher ' s expression, “ opening the hand of thought. ” We return to this oneness or the

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reality before  
separation between  
subject and object.

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