

# The Heart Sutra A Comprehensive Guide To The Clas

**The Wisdom Gone Beyond: Teachings on the Heart Sutra** Lama Migmar Tseten.2014-12-05 The Wisdom Gone Beyond is a commentary on the profound Heart Sutra. These teachings contain an extensive discussion of the perfection of wisdom trainings that help us go beyond both Samsara and Nirvana to discover the wisdom and compassion of complete enlightenment. The perfection of wisdom teachings are complementary to the thirty-seven awakening paths of Theravada Buddhism. The wisdom teachings are also indispensable in establishing the perfect view of emptiness necessary to practicing the two stages of the tantric sadhana.

My Heart Sutra Frederik L. Schodt.2020-12-15 The Heart Sutra is the most widely read, chanted, and copied text in East Asian Buddhism. Here Frederik L. Schodt explores his lifelong fascination with the sutra: its mesmerizing mantra, its ancient history, the “emptiness theory, and the way it is used around the world as a metaphysical tool to overcome chaos and confusion and reach a new understanding of reality--a perfection of wisdom. Schodt's journey takes him to caves in China, American beats declaiming poetry, speculations into the sutra's true origins, and even a robot Avalokiteśvara at a Kyoto temple.

**Heart of Wisdom** Kelsang Gyatso.1985

*Delivering the Heart of Transcendental Discernment* Peter Lunde Johnson.2021-01-15 The Heart Sūtra is the most often recited, copied and interpreted scripture in the Buddhist canon, revered for its eloquence, its conciseness, its ability to encapsulate the essence of Buddhist teachings in the fewest words and its efficacy in facilitating the arousal of introspective meditation with a transcendental discernment of life's purpose. This book is an in-depth exploration of this scripture that includes English translations of: \* All classical Chinese versions of the sūtra as well as Sanskrit and Tibetan versions \* Two of its renowned commentaries: 1. A Brief Commentary Explaining The Heart Sūtra By Fāzang of the Chinese Garland (Huáyán) Sūtra School 2. A Secret Key to The Heart Sūtra by Kūkai of the Japanese Mantra (Shingon) School \* Four classic essays on the seamless blending of the transcendental nature of life's purpose found in the dialectical principle ('emptiness') and the mutually dependent conditions that arise from the phenomena of sentient existence ('form') from Dùshùn and Fāzang of the Chinese Garland (Huáyán) Sūtra School \* Other supplemental translations relevant to the subject Also included is: \* An introduction that: 1. Analyzes its passages in ten parts to show how it serves as an ever deeper introspective meditation on the mind and the transcendental nature of its purpose 2. Explains the terms and concepts found in these different passages of the sūtra 3. Provides some history on its traditional East Asian versions and interpreters \* Comprehensive footnotes that offer a background on Buddhist concepts and history relevant to the subject. \* Pronunciation guides for reciting the sūtra in Sanskrit, Chinese, Japanese, Korean, Vietnamese and Tibetan.

*Mushotoku Mind* Taisen Deshimaru.2012-08-27 Based on the translation by Ilsa Fatt and the edition by Reiryu Philippe Coupey “Mushotoku mind” means an attitude of no profit, no gain. It is the core of master Taisen Deshimaru’s Zen. This respected teacher of Japanese Soto Zen moved from Japan in 1967 and brought this work to Paris, from where it was disseminated throughout the West. This book presents his commentary on the most renowned of Buddhist texts, the Heart Sutra, known in Japanese as Hannya Shingyo—a philosophical investigation on the futility of philosophical investigation. Deshimaru’s work fills a great gap in the interpretations of this seminal text in that he emphasizes “mind-emptiness” (ku) as the foundation of Zen practice, in contrast to the usual “mindfulness” focus of many other Zen approaches. This “emptiness” and “purpose of no purpose” is one of the most difficult ideas for Westerners to understand. Yet we know that our most cherished values are based on mushotoku mind when it comes, for example, to love. We value the unselfish love of family or country that is based not on what we can get from the relationship but on what we can give. We know, too, that these virtues are not accomplished directly through our will but indirectly through dropping our expectations. His lectures on this subject have been translated by Ilsa Fatt and edited by Reiryu Philippe Coupey of Deshimaru’s British and French groups; and here completely revised and reedited for an American audience by Reishin Richard Collins. This edition emphasizes Deshimaru’s chorus: Mushotoku mind is the key attitude characterizing the way of the Buddha, the way of the bodhisattva, the way of Zen and zazen, and the way of all sutras (teachings). Taisen Deshimaru (d. 1982) was the founder of the Association Zen Internationale, one of the largest influences on Zen in the West. He is author of: The Ring of the Way and The Zen Way to Martial Arts: A Japanese Master Reveals the Secrets of the Samurai. Richard Collins is a Zen teacher in the lineage of Taisen Deshimaru and Dean of Arts & Humanities at California State University, Bakersfield. A Book for Students of Zen Buddhism; Religion Scholars; Philosophy Students, and Readers of Taisen Deshimaru’s Books.

Heart Blossoms a Commentary and Analysis of the Exalted Mahayana Sutra on the Profound Perfection of Wisdom Called the Heart Sutra S. R. Allen.2013-09-23 Here is a book you will appreciate even if you have read many Buddhist books. This book expounds the Dharma in a very lucid way and illuminates the Heart Sutra from Buddhism's apex of psychology and philosophy. This book is a sharp weapon useful for cutting the root of ignorance. It is one thing to talk about or read about the meaning of life and quite another to move through the levels of wisdom to actually live that meaning. Here you'll find a detailed map of the journey to meaning.

**Buddhist Wisdom** Ed Conze.2001-04-24 Originally published: London: George Allen & Unwin, 1958. With a new preface.

A Comprehensive Commentary on the Heart Sutra (Prajñāpāramita-hṛdaya-sūtra) Kuiji.2001

*The Essence of the Heart Sutra* Dalai Lama, Dalai Lama XIV Bstan-'dzin-rgya-mtsho, Thupten Jinpa.2005-07-07 Collects teachings as presented by the Dalai Lama in 2001 to more than eight thousand attendees, addressing such topics as the nature of emptiness and selflessness while providing background information on Buddhism and additional commentary. Reprint.

*Profound Wisdom of the Heart Sutra* Rinpoche Bokar, Donyo (Kenpo).1994

**The Heart Attack Sutra** Karl Brunnholzl.2016-12-13 A guide to the famous Heart Sūtra that reveals the tenderness and compassion underlying the striking rhetoric of this popular Buddhist text The radical message of the Heart Sūtra, one of Buddhism’s most famous texts, is a sweeping attack on everything we hold most dear: our troubles, the world as we know it, even the teachings of the Buddha himself. Several of the Buddha’s followers are said to have suffered heart attacks and died when they first heard its assertion of the basic groundlessness of our existence—hence the title of this book. Overcoming fear, the Buddha teaches, is not to be accomplished by shutting down or building walls around oneself, but instead by opening up to understand the illusory nature of everything we fear—including ourselves. In this book of teachings, Karl Brunnholzl guides practitioners through this ‘crazy’ sutra to the wisdom and compassion that lie at its core.

Awakening of the Heart Thich Nhat Hanh.2011-12-21 A comprehensive, single-volume collection of the Buddha’s key sutras, translated with contemporary commentary by an internationally known Zen master An essential companion to Thich Nhat Hanh’s bestselling collection of meditation and mindfulness practices, Happiness, this book captures the heart of Buddhist wisdom and Thich Nhat Hanh’s unique talent to make the Buddha’s teachings accessible and applicable to our daily lives and times. This is a wonderful gift for anyone looking to deepen their practice and understanding of the teachings, as well as a unique resource to understand the fundamentals of Buddhism from its source. With a new introduction and updated commentary, Awakening of the Heart contains the following sutras: • Prajnaparamita Heart Sutra • Diamond Sutra • Sutra on Full Awareness of Breathing • Sutra on The Four Establishments of Mindfulness • Sutra on The Better Way to Catch A Snake • Sutra on The Better Way to Live Alone • Sutra on The Eight Realizations of The Great Beings • Discourse on Happiness • Teachings on the Middle Way

*The Heart Sutra* Geshe Sonam Rinchen.2003-09-26 This short gem of a book shows how distorted perceptions and disturbing emotions—arising from our misunderstanding of reality—can be completely uprooted, resulting in freedom from suffering.

*The Heart Sutra* Osho.1994

*The Heart Sutra Explained* Donald S. Lopez (Jr.).1988

*The Heart Sutra* Kazuaki Tanahashi.2016-03-01 An illuminating in-depth study of one of the most well-known and recited Buddhist texts, by a

renowned modern translator The Prajna Paramita Hridaya Sutra is among the best known of all the Buddhist scriptures. Chanted daily by many Zen practitioners, it is also studied extensively in the Tibetan tradition, and it has been regarded with interest more recently in the West in various fields of study—from philosophy to quantum physics. In just a few lines, it expresses the truth of impermanence and the release of suffering that results from the understanding of that truth with a breathtaking economy of language. Kazuaki Tanahashi's guide to the Heart Sutra is the result of a life spent working with it and living it. He outlines the history and meaning of the text and then analyzes it line by line in its various forms (Sanskrit, Chinese, Japanese, Korean, Tibetan, Mongolian, and various key English translations), providing a deeper understanding of the history and etymology of the elusive words than is generally available to the non-specialist—yet with a clear emphasis on the relevance of the text to practice. This book includes a fresh and meticulous new translation of the text by the author and Roshi Joan Halifax.

**The Heart of Understanding** Thich Nhat Hanh.2009-12-01 Comprised of only 632 Chinese characters, the Heart Sutra is Buddhism in a nutshell. Despite its brevity, this powerful work covers more of the Buddha's teachings than any other scripture, and its influence is more profound and wide-reaching than any other text in Buddhism. Thich Nhat Hanh's translation and commentary is regarded as the most simple, clear, concise, and understandable available. He describes the sutra as "a precious gift to us, the gift of fearlessness, offering subtle and profound teachings on non-duality and the letting go of all preconceived notions, opinions, and attachments, thereby becoming open to all the wonders of our life. This completely revised edition celebrates the 20th anniversary of the first publication of a modern classic.

**The Heart Sutra and Beyond** Kwan-Yuk Claire Sit.2014-11-01 The Heart Sutra and Beyond includes The Heart Sutra in Chinese by Xuánzàng and a refreshing translation into English by Dr. Kwan-yuk Claire Sit. The main theme and purpose of the book is to show how one may practice the perfection of wisdom. Dr. Sit analyzes The Heart Sutra with metaphors, stories, illustrations, Buddhist scriptures, relevant Taoist texts, and anthroposophic teachings. She delves into Anthroposophy to explore the mystical connection between form and emptiness; between Buddhism and esoteric Christianity; between Buddha Gautama and the young Jesus; and between the future Buddha Maitreya and Jesus Christ. She applies her deep understanding of the two Chinese names for Avalokitesvara (Guan-zì-zài) and Sariputra (Shè-lì-zi) to reveal the essence of the sutra. Finally, she notes that anyone can gain great blessing by meditating on a short mantra presented in the sutra. Her commentary on this timeless text brings profound insights to those who are new to The Heart Sutra, as well as to those who may have studied and practiced Buddhism for many years.

**Heart Sutra** Soeng Sunim Mu.1992-04 HEART SUTRA is a basic text in all schools of Zen Buddhism, and is chanted daily in the monasteries and Zen Centers of China, Korea, Japan, and the United States.

**The Heart of Understanding** Thich Nhat Hanh.2009-11-10 The heart of the Prajñāparamita Sutra is regarded as the essence of Buddhist teaching, offering subtle and profound teachings on non-duality and the letting go of all preconceived notions, opinions, and attachments, and so becoming open to all the wonders of our life. The Heart Sutra is recited daily in Mahayana temples and practice centers throughout the world. Thich Nhat Hanh's translation and commentary are the fruit of the author's more than sixty years of monastic study and practice. He describes the sutra as a precious gift to us, the gift of fearlessness. Based on a historic lecture at the Green Gulch Zen Center, Muir Beach, California on April 19, 1987, this is one of the most simple, clear, concise, and understandable commentaries on this very important Buddhist sutra. In the Heart Sutra, the bodhisattva Avalokiteshvara describes how to train in the perfection of wisdom by seeing through the illusory nature of all things. The Heart Sutra is Buddhism in a nutshell, containing only 632 characters in the traditional Chinese translation. Despite its brevity, it covers more of the Buddha's teachings than any other scripture and has had the most profound and wide-reaching influence of any text in Buddhism. This revised edition celebrates the 20th anniversary of the initial release and features a new introduction by Peter Levitt and a new afterword by Thich Nhat Hanh. Edited by poet and Zen teacher Peter Levitt, author of *Fingerpainting on the Moon*.

**The Heart Sutra** Osho.2014-09-09 The Heart Sutra, originally a very short set of verses, was given in privacy. It was a message to one of Buddha's close disciples, Sariputra, and was specifically addressed to him. Over time, the Heart Sutra became one of Buddhism's core teachings. In these ten talks Osho presents the powerful message of these ancient words and brings them to a modern audience — one with different minds and needs than the original audiences of Buddha more than 2,500 years ago. Osho's message is not about Buddha the historical figure: instead, he addresses his readers and listeners and encourages them to discover their own inner reality, their own buddhahood. Like Buddha's, Osho's message is about meditation and meditation alone — "rely only on your meditation and nothing else." Osho also speaks on the seven chakras, the energy centers of the human body, and their corresponding relationships to the physical, psychosomatic, psychological, psychospiritual, spiritual, spiritual-transcendental, and transcendental aspects of human growth and consciousness.

**Exploring the Heart Sutra** Sarah A. Mattice.2021-10-18 Exploring the Heart Sutra brings an interdisciplinary philosophical approach to this much-loved Buddhist classic. This new translation with commentary situates the sutra in a Chinese context, offering fresh interpretive resources for making sense of this profound work.

**There is No Suffering** Shengyan.2001

**The Heart Sutra** Andre Doshim Halaw.2014-03-17 The Heart Sutra is the most famous of all Buddhist texts. Thousands of commentaries and books have been written about it, but none of them like this one. In this fresh and original interpretation, Andre Doshim Halaw challenges conventional readings of the Heart Sutra by arguing that the scripture is not actually an exposition about emptiness, but in fact a meditation manual. Drawing upon his experience as a Zen teacher and meditation instructor, Andre demonstrates how the sutra uses the ancient Indian meditation technique called Neti-Neti (meaning Not this, not that) to reveal the Absolute, the unconditioned reality of the Buddha.

**Zen Words for the Heart** Hakuin.1996-07-15 Hakuin Zenji (1689-1769) was one of the most important of all Japanese Zen masters. His commentary on the Heart Sutra is a Zen classic that reflects his dynamic teaching style, with its balance of scathing wit and poetic illumination of the text. Hakuin's sarcasm, irony, and invective are ultimately guided by a compassion that seeks to dislodge students' false assumptions and free them to realize the profound meaning of the Heart Sutra for themselves. The text is illustrated with Hakuin's own calligraphy and brush drawings.

**The Heart Sutra Explained** Donald S. Lopez.1988-01-01 Renowned for its terse declaration of the perfection of wisdom, the Heart Sutra is the most famous of Buddhist scriptures. The author draws on previously unexamined commentaries, preserved only in Tibetan, to investigate the meanings derived from and invested into the sutra during the later period of Indian Buddhism. The Heart Sutra Explained offers new insights on form is emptiness, emptiness is form, on the mantra gate gate paragate parasamgate bodhi svaha, and on the synthesis of Madhyamika, Yogacara, and tantric thought that characterized the final period of Buddhism in India. It also includes complete translations of two nineteenth century Tibetan commentaries demonstrating the selective appropriation of Indian sources.

**The Heart Sutra, The Heart of the Perfection of Wisdom Sutra eBook** FPMT.2019-07-24 The Heart Sutra is a popular sutra in Mahayana Buddhism. Its Sanskrit title, Prajñāparamitahdaya, can be translated as The Heart of the Perfection of Wisdom. The Heart Sutra is often cited as the best-known and most popular Buddhist scripture. This sutra has been translated from the Tibetan, consulting the Indian and Tibetan commentaries and previous good translations, by Gelong Thubten Tsultrim (George Churinoff), the first day of Saka Dawa, 1999, at Tushita Meditation Centre, Dharamsala, India. Amended March 8, 2001, in the New Mexico desert. Also contained in *Essential Buddhist Prayers Vol 1* and *Mahayana Prayers for teaching occasions*. 8 pages, 2008 edition.

**Everyone Can Write The Heart Sutra in Traditional Chinese** .2022-12-22 The Heart Sutra (Prajnaparamita Sutra) is the best-known, simple, and profound scripture in Mahayana Buddhism. It was extracted into 260 Chinese characters by Tripitaka Master Xuan Zang in the 7th Century. Sutra transcription has always been considered a great way to cultivate and accumulate extraordinary merits. By transcribing the sutra, one would remain fully focused on his/her body and mind and immerse in the profound wisdom and energy of Dharma gradually. This guided book is dedicated to people who would like to experience the divinity of sacred writing in Traditional Chinese, one of the most enchanting and ancient languages. - A Comprehensive Step-by-Step Guide to Chinese Stroke Order of The Heart Sutra - A Practice Workbook of Chinese Character and Pinyin in Tian Zi Ge Format

**The Heart Sutra** Gautama Buddha.2015-06-02 The Heart Sutra is a famous sutra in Mahayana Buddhism. Its title literally means The Heart of the Perfection of Understanding. The Heart Sutra is often cited as the best-known and most popular Buddhist scripture of all. Various commentators divide this text into different numbers of sections. Briefly, the sutra describes the experience of liberation of the bodhisattva of compassion, Avalokitesvara, as a result of insight gained while engaged in deep meditation to awaken the faculty of prajna (wisdom). The insight refers to apprehension of the fundamental emptiness of all phenomena, known through and as the five aggregates of human existence (skandhas): form (rupa), feeling (vedana), volitions (samskara), perceptions (samjna), and consciousness (vijnana). The Supplementary Amitabha Sutra The bulk of the Amitabha Sutra, considerably shorter than other Pure Land sutras, consists of a discourse which the Buddha gave at Jeta Grove in Sravastito his disciple Sariputra. The talk concerned the wondrous adornments that await the righteous in the western pure land of Sukhavati, as well as the beings that reside there, including the buddha Amitabha. The text also describes what one must do to be reborn there.

*"The" Diamond Sutra* Edward Conze.2017

**The New Heart of Wisdom** Geshe Kelsang Gyatso.2012-07-26 This special presentation of Buddha's teachings by the author of Modern Buddhism, offers truly liberating insights and advice for the contemporary reader. It reveals the profound meaning of the very heart of Buddha's teachings - the Perfection of Wisdom Sutras. The author shows how all our problems and suffering come from our ignorance of the ultimate nature of things, and how we can abandon this ignorance and come to enjoy pure, lasting happiness by developing a special wisdom associated with compassion for all living beings. 'Many people are very intelligent in accomplishing worldly attainments. This intelligence is not wisdom because worldly attainments such as a high position, reputation, wealth and success in business are deceptive. If we die tomorrow, they will disappear tomorrow, and nothing will be left for our future. Wisdom, however, will never deceive us. It is our inner Spiritual Guide, who leads us to the correct path. It is the divine eye through which we can see what we should know, what we should abandon, what we should practise and what we should attain.' -Venerable Geshe Kelsang Gyatso Rinpoche

*The Heart Of Understanding* Thich Nhat Hanh.2003-06-01

**The Heart Sutra** Heather Hughes-Calero,Wisdom Master Maticintin.2008-06 This new offering from Wisdom Master Maticintin deciphers the priceless wisdom of one of Buddhism's shortest and most important sutras. -- Back cover.

*Heart of Wisdom* Silas Day.2018-07-09 Form is Emptiness, Emptiness is form - AvalokitesvaraAn ancient and deeply compassionate exclamation to the universe, the Heart Sutra acts as the very core of all of the Buddhas wisdom teachings. The Heart Sutra is the essential framework to some of the deepest and most profound ideas that can be found in Buddhism. Those who practice Buddhism and work with the Heart Sutra speak time and time again of their benefits and just how easily their teachings can be applied to everyday life. Those wonderful and deeply meaningful benefits can be a part of your life as well through the practice and close study of the wonderful Buddhadharma. In the Buddhadharma, the Heart Sutra is a thorough and detailed examination of the entirety of the universe, but contained with a single page. This easy to grasp yet detailed commentary acts as a beginners guide to those who may be interested in working deeply with the ancient wisdom and guidance of the Buddha. Placing incredible importance on compassion, understanding, and emptiness as the core concepts of the Heart Sutra, it allows the reader to swiftly gain wisdom into the base nature of reality and how to apply the teachings to live a more compassionate and full life. If you are curious about the wisdom and teachings offered by the Buddha in the Heart Sutra and want to find incredibly profound meaning to the question you have, then look no further than this quality commentary. It goes line by line offering simple explanations of some of Buddhism most complex subjects as well as being full of information on what it means to work with Buddhism as a study and practice.Seize the Moment! The choice is yours. Open yourself to the loving understanding of a life well lived and understood through walking with the Buddha. A clear, peaceful, and awakened self is directly in front of you. Begin your journey towards enlightenment and grab your copy of Heart Of Wisdom today!

**The Heart Sutra** Kazuaki Tanahashi.2015-01-13 An illuminating in-depth study of one of the most well-known and recited Buddhist texts, by a renowned modern translator The Prajna Paramita Hridaya Sutra is among the best known of all the Buddhist scriptures. Chanted daily by many Zen practitioners, it is also studied extensively in the Tibetan tradition, and it has been regarded with interest more recently in the West in various fields of study—from philosophy to quantum physics. In just a few lines, it expresses the truth of impermanence and the release of suffering that results from the understanding of that truth with a breathtaking economy of language. Kazuaki Tanahashi's guide to the Heart Sutra is the result of a life spent working with it and living it. He outlines the history and meaning of the text and then analyzes it line by line in its various forms (Sanskrit, Chinese, Japanese, Korean, Tibetan, Mongolian, and various key English translations), providing a deeper understanding of the history and etymology of the elusive words than is generally available to the non-specialist—yet with a clear emphasis on the relevance of the text to practice. This book includes a fresh and meticulous new translation of the text by the author and Roshi Joan Halifax.

**Record of Traces and Dreams: the Heart Sutra** Kido Inoue.2012-09-28 The purpose of a reclusive monk such as myself audaciously presenting a volume like this is to transmit the True Dharma and the Great Compassion of Buddha. In doing this, I wish to highlight the fact that the Heart Sutra is an outstanding guidebook for the path to liberation and for the practice of the Buddha Way. This sutra describes the Ultimate Path in a most straightforward manner. I would like you to know that by exerting yourself daily in the way it describes the time will come without a doubt when the results of your effort will manifest. Master Kido Inoue To fully understand the meaning of the Heart Sutra, one cannot simply follow, or have faith in what it is says, without detailed analysis. The Heart Sutra cannot be fully grasped with pure intellect alone. Practicing the True Way requires you to throw away all things and to forget the ego. When the words are approached with both the mind and the heart, its full understanding will naturally be revealed through practice. Because of this, the guidance of a real Dharma Master (or Roshi)such as Master Kido Inoue is required. Here, he shares his teachings in a straightforward and honest fashion.

**The Heart, the Diamond and the Lotus Sutra** The Buddha.2013-03 According to the Buddha, these sutras contain the method to understand his teachings, release ourselves from illusion, and enlighten. In addition to the Heart, Diamond and Lotus sutras, we provide the traditional introduction to the Lotus Sutra, called the Sutra of Innumerable Meanings, as well as its traditional conclusion, called the Sutra of meditation on Samanthabhadra, for a total of five wonderful sutras. These sutras are to be read and meditated. Their wisdom might not always come clear to the mind on the first reading, but meditation of their meaning will reveal the true wisdom of the dharma. They cover subjects about the self and non-self, the dharma and non-dharma. They will reveal to you the way to understand all mysteries of existence. Because there is nothing to be attained, the Bodhisattva relying on Prajna Paramita has no obstruction in his mind. Because there is no obstruction, he has no fear, and he passes far beyond confused imagination, and reaches ultimate nirvana. - The Buddha, Heart Sutra All composed things are like a dream, a phantom, a drop of dew, a flash of lightning. That is how to meditate on them, that is how to observe them. - The Buddha, Diamond Sutra

**The Heart Sutra Explained** Donald Sewell Lopez.1990

*Buddhist Wisdom Books, Containing the Diamond Sutra and the Heart Sutra* .1972

**An Arrow to the Heart** Ken McLeod.2007-10-16 This exciting, trail-blazing non-traditional commentary on the Heart Sutra takes the reader right into the emptiness of all experience through a delightfully irreverent combination of wit, irony, prose, and poetry.

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## The Heart Sutra A Comprehensive Guide To The Clas Introduction

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