



zá niàn

杂念

noun · distracting thoughts

Example Sentences

Tā xīn zhōng méi yǒu zá niàn
他心中没有杂念。

He has no distracting thoughts in his mind.

míng xiǎng shí yào xué huì fàng xià zá niàn zhuān zhù yú hū xī
冥想时，要学会放下杂念，专注于呼吸。

When meditating, you need to learn to let go of distracting thoughts and focus on your breathing.

kǎo shì qián tā nǚ lì pái chú zá niàn ràng zì jǐ lěng jìng xià lái
考试前，他努力排除杂念，让自己冷静下来。

Before the exam, he worked hard to eliminate distracting thoughts and calm himself down.

Trace each character, then write the word on your own.

杂	杂	杂	杂	杂	杂	杂	杂	杂		
念	念	念	念	念	念	念	念	念	念	念