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The Rinzai Zen Way is a thorough and accessible primer on the history, principles, and practices of authentic Rinzai Zen Buddhism. He offers detailed instructions on how to meditate, chant, work with a teacher, understand the teachings, and manifest them in your daily life, and so helps to restore the word Zen to its proper place

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Meido Moore's The Rinzai Zen Way is a manual for aspiring Zen practitioners that skillfully negotiates the tension between the book's function as a guide for those readers embarking on the first steps of Zen practice on their own and Moore's understanding of Zen as a practice that fundamentally requires a teacher. The book's first section, "Understanding the Rinzai Zen Way ...

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Followers of the Zen path try to reach a total state of focus that incorporates a total togetherness of body and mind. It is a way of being. And it is a state of mind. Zen has always been a practical philosophy and a lot of ways have been devised that help to reach the total emptiness of mind or even enlightenment.

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- The principles and practice of Zen - The tradition of Za-Zen (meditation) and the Koan - The integration of Zen into every aspect of life. THE WAY OF ZEN presents an understandable, inspirational, and spiritually rewarding exploration of Zen Buddhism--a way of liberation--that may be one of the most precious gifts of Asia to the world.

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Summary. Audible presents "Zen: A Way of Life", an Audible Original. Om Swami's thoughts, in Om Swami's voice. In this series, Om Swami shares the essence of the Zen Living, combing the various branches of Zen and its associated techniques, to help the listener master the Zen way of life. There are 8 core episodes and 4 Bonus ones covering the following: Zazen, Wall-gazing, Osoji and many more to calm and center the mind while living in the world.

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