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'zen habits

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8 tips to get started with meditation the art of living

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'zen dictionary definition zen defined

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'zen in daily life introduction

June 1st, 2020 - the site headlines are named after two books zen in daily life and the soto approach to zen that prof masunaga wrote in english danny waxman is a layman disciple of prof masunaga and stayed in japan for 13 years between the years 1958 1983 learning zen and martial arts my name is ofer'

'blog the art of simple

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'10 short zen stories the unbounded spirit

June 2nd, 2020 - this culminates in the teachings of zen buddhism a tradition famous for using short stories extensively to arise in buddhist monks and students a deeper more prehensive understanding of reality in this post i ve collected some of my favorite short zen stories translated in english by paul reps and nyogen senzaki'

'the art of mindful living plum village

June 1st, 2020 - the art of mindful living thich nhat hanh has been a pioneer bringing mindfulness in the west since the early 1970s developing new ways to apply ancient wisdom to the challenges of modern life mindfulness is a kind of energy that we generate when we bring our mind back to our body and get in touch with what is going on in the present moment'

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