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Dying in Meditation Every Day a Good Day; Playing in Samadhi; Solitary Sitter: Great Sublime Peak; A Clear Wind Arising in Every Step of Our Feet; Standing Up in Response; Coming Without Any Sound; Being Unborn; Waiting in Hell; Chapter 6. Zazen Wasan (A Song of Zazen); Chapter 7. The Ten Oxherding Pictures; Epilogue; Appendices; Notes; Lineage; Glossary; Index

Sommario/riassunto

When Buddha Said that We suffer because of our attachments, he was describing the condition in which we view the world from the perspective of our ego, that part of us that says fundamentally we are each individual, apart from all that surrounds us. Buddhism in general is a religion that leads to a deeper perspective, that all existence is part of the Whole. While many people find that a meaningful belief, Zen Buddhism takes a slightly different position: don't believe a lofty religious ideal. All of you - flesh and blood, thoughts and emotions - can experience the Whole directly at all times
