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Daily  
Teachings  
From The  
Zen Masters

Foster a greater  
sense of inner  
peace, one day at a  
time Discover how

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the wisdom of the Buddha can help you feel calmer, happier, and more satisfied. Featuring a thoughtful new prompt every day, *A Year of Buddha's Wisdom* helps you learn essential Buddhist principles and make them a

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part of your  
everyday life. What  
sets this Buddhism  
guide apart: 365  
days of  
wisdom--Deepen  
your Buddhism  
practice every day  
with an array of  
meditations,  
mantras,  
reflections, and

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quotes. Short and simple entries--Whether it's taking a minute to be aware of your surroundings or 10 to meditate, these brief prompts encourage you to explore the Buddha's wisdom every day. A path

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to tranquility--Grow  
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into your best self  
as you learn to be  
mindful, find joy in  
meditation, have  
compassion for  
others, and much  
more. Embody the  
Buddha's wisdom  
with this easy and  
accessible  
Buddhism book.

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Unlike most other formal religions, the Japanese school of Zen Buddhism has no canonized corpus of sacred literature which will reveal the "truth" to diligent readers.

There are, however, numerous

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collections of  
anecdotes and  
aphorisms that may  
serve to convey the  
sensibility which  
underscores the  
practice of Zen.  
Drawing on these  
traditional sources,  
Dr. Irmgard  
Schloegl of the  
Buddhist Society in

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London has gathered into one short volume a sampling of stories and sayings that are a valuable introduction to the study of Zen. "If in every mind burns a flame of the Buddha's Enlightenment,"



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Christmas

Humphreys writes  
in his foreword to

The Wisdom of the  
Zen Masters,

"there is nothing to  
seek and nothing to  
acquire. We are  
enlightened, and all  
the words in the  
world will not give  
us what we already

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have. The man of Zen, therefore, is concerned with one thing only, to become aware of what he already is..." The task of the Japanese Zen master has been to guide his pupils in their awakening. The means used

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vary--from severe  
physical discipline  
to the proposition  
of enigmatic  
riddles, or  
koans--but always  
to the same end,  
Enlightenment:  
experiencing the  
Great Death of the  
worldly "I."

Once, the Mula

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Nasruden was searching the ground under a street lamp. "Can I help?" asked a friend. "I lost my key in the house," said Nasruden. "But then why look out here?" "Because the light is better in the

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street," came the reply. Nasruden is a great fool in Middle Eastern folklore. Only by turning on the light inside his house -- his inner psyche -- will he find the key. John Cianciosi shows us how to do just that.

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Directly from the heart, this practical, nonreligious book guides the reader of any faith to reduce stress, increase health, and achieve inner peace. It clearly explains the meditative process

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and offers very simple exercises to balance theory and practice. Each chapter includes Q&A sections based on the average reader's experience and crafted from the author's twenty-four years of

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teaching, first as a Buddhist monk and now in lay life. Of all primers on meditation, this one excels in showing how to slow down life in the fast lane. Three Vehicles (Yanas), One Dharma - read this book to feel and



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enjoy the genuine  
essence, core spirit  
and totality of the  
Buddhadharma!  
Although the  
writings collected  
here are not some  
word-by-word  
translation of  
Dharma Master  
Hsin Tao's  
teachings and

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thoughts, they are indeed some rare and precious teachings that we have gathered from various sources, for example, Zen talks, private conversations, and public discourses. Most of these materials are

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directly derived  
from a Mandarin  
book by the name  
of The Zen of  
Happy Living ().  
Hsin Tao means “a  
path with heart” in  
Mandarin Dharma.  
Master Hsin Tao is  
a rare legend who  
embodies the  
integral teachings

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of the Buddha. He is a living example of the authentic essence, nonsectarian spirit, and universal truth of the dharma, which all of us should admire, if not emulate, on our path to perfect awakening and

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total freedom. He practices and actualizes the essence of the three yanas, for example, Theravada, Mahayana, and Tantrayana, the major three traditions of contemporary

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Buddhism, as one dharma. Through this unique book, he exemplifies and propagates the genuine spirit of great equanimity, and truly embodies the living example of “three yanas, one dharma.” From Zen to Tantra, from

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enlightenment to  
daily lives, from  
Buddha nature to  
modern day trivia,  
from the Way of his  
heart directly  
pointing at your  
True Nature - May  
you enjoy the  
liberating wisdom  
nectar that flows  
from the sincerest

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heart of this  
humble and simple  
monk. May you  
grow in your  
wisdom and  
compassion and  
then benefit and  
liberate others in  
the same way.

Everyday Buddhist  
Wisdom from  
Man's Best Friend



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The perfect  
mindset for your  
daily life

Buddhist

Teachings for

Everyday Life

The Meditative

Path

Your True Home

Zen Unleashed

A Year of Buddhist

Inspiration

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Bringing the energy of true presence into our lives really does change things for the better—and all it takes is a little training. This treasury of 365 gems of daily wisdom from one of the most beloved Buddhist teachers of our age is a help and support for anyone who wants to train to meet every moment of life with 100

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percent attention. Thich Nhat Hanh shows how practicing mindfulness can transform every area of our lives—and how its benefits radiate beyond us to affect others and the whole, larger world. Inspired by the teachings of the Buddha and other great masters, teachers, and writers, this is a book designed to help people connect

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to their inner divinity and find their spiritual path. It is overflowing with profound quotes, sayings, and insights, each presented alone, allowing the reader to dip in at any time. Each reading is guaranteed to inspire immediately and provide food for thought. Quotations and sayings have been chosen from Gautama

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Buddha and other  
"buddhas"--masters of  
spirituality and  
inspiration, such as  
Milarepa, Longchenpa,  
his Holiness the 14th  
Dali Lama, Thich Nhat  
Hanh, and Sogyal  
Rinpoche, along with  
other "greats" including  
Cicero, Rumi, Lao Tzu,  
Mother Teresa, and  
Shakespeare. A  
wonderful book to place

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on your office desk,  
coffee table, or  
bookshelf or by your  
bed, it is designed to  
provide daily comfort,  
wisdom, and spiritual  
nourishment.

At the height of his  
career as a journalist,  
Tony Schwartz hit an  
unexpected wall. Why  
did success suddenly  
feel so empty? How  
could he add richer

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meaning to his everyday life? What guides could he trust on the road to wisdom? During the next five years his search for answers took him from a meditation retreat in the mountains of Utah to a biofeedback laboratory in Kansas, from a peak-performance workshop at a tennis academy in Florida to a right-brain

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drawing course in  
Boston. Blending the  
hunger of a seeker with  
a journalist's hard-  
headed inquiry, he  
discovered the best  
teachers and techniques  
for inner  
development--and  
identified the potential  
pitfalls and false gurus  
he met along the way.  
What he found  
dramatically changed



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his life. It may change yours as well.

Zen Masters are known to say things which appear to be shocking, but are used as devices which can suddenly bring you to the present moment. This collection includes 365 Existential Zen Quotes by various Zen Masters and philosophers which will take you on a

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contemplative and philosophical journey. The quotes presented here are simple but are pregnant with deep-meaning and subtlety that makes them worth reading again and again. They will also motivate you to meditate. Start your day with a Zen Quote, and have a Zensational day ahead! The Everyday Wisdom

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Daily Teachings  
of Thich Nhat Hanh:  
365 days of practical,  
powerful teaching s  
from the beloved Zen  
teacher

Meditation for the Love  
of It

Healing Zen

365 Existential Zen

Quotes For A

Zensational Year

Daily Wisdom

Contemporary Buddhist  
Wisdom

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I began sharing quotes on Daily Zen in 2008 to accompany my own growing meditation practice. Twitter had just started and it seemed like a clever outlet for the one-line wisdom I found in

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ancient Eastern texts. I didn't expect the audience to grow to such a profound degree, however. Today, Daily Zen reaches nearly 300,000 people each month. I regularly get emails from people

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who say that my writings have helped them in some way. I do not claim to be a Zen master or 'enlightened' by any means. I have plenty of difficulties with my own practice, though the community that

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developed through

From The Zen  
Daily Zen has

Masters  
helped me grow

and recognize the

universality of

meditation

practice. Since I

started the site I

have written

thousands of

pages of

reflections, read

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countless spiritual texts, and maintained a daily meditation practice. This is a collection of my Daily Zen writings from 2015 and 2016. Some of them are more conversational in tone, some of



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them somewhat  
academic. The  
goal of these  
writings is to  
simply share my  
ever-changing  
spiritual purview  
with others. Some  
pieces you will  
connect with;  
others you might  
not enjoy so much.

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I just hope that these short essays stimulate your true self and help you commit further to your meditation practice. If you don't meditate yet, I hope they encourage you to start. Remember-- the good life is as

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simple as paying attention.

With brief, easily absorbed wisdom from the precepts of Nichiren, a 13th-century Buddhist priest, this collection of day-to-day musings can be enjoyed by casual readers

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Daily Teachings  
and devoted  
followers alike.  
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Covering a wide  
span of  
topics—from life  
and death to  
courage and  
winning—the  
practical  
information and  
encouragement  
are ideal for those

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seeking to find a deeper understanding of this ancient philosophy.

“Watermelons and Zen students grow pretty much the same way. Long periods of sitting ‘till they ripen and grow all juicy

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inside, but when  
you knock them on  
the head to see if  
they're ready –  
sounds like  
nothing&  
For the third time,  
the dharma talks  
of Zen Master  
Thich Phuoc Tinh  
are available in  
English. These

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talks focus on the  
Forty-two Chapters  
Sutra, the first  
Buddhist text  
translated into  
Chinese around  
the fourth century  
that form the basis  
for the Ch'an and  
Zen schools of  
Buddhism in  
Southeast Asia.

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""The Forty-two  
Chapters sounds  
the ancient drum  
of dharma wisdom,  
the embodied  
practice of  
mindfulness in  
daily life....It is full  
of gems shining  
light on the  
benefits for our  
moment in time



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whether we identify as Buddhist or not. It is a genuine invitation to wake up and cultivate the inner stability and freedom needed now more than ever in our great transition towards a new

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understanding of  
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our deep  
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humanity." --Larry

Ward, Ph.D,

Director, The Lotus  
Institute

The Buddha Is Still  
Teaching

The Buddha's

Book of Daily

Meditations

1,001 Pearls of

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Buddhist Wisdom  
A Year of  
Buddha's Wisdom  
Developmental  
Coaching: Working  
with the Self, 2e  
Zen Wisdom  
Buddhism Day by  
Day  
Awaken your heart  
and engage your  
mind with Buddhist

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Wisdom: Daily Reflections, a simple but powerful collection of Buddhist sayings and extracts that offer an easy way to incorporate the Buddha's greatest teachings into your everyday life. Use it daily or at random to find help facing a particular issue, problem or simple

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uncertainty. Illustrated with photographs of traditional Buddhist people, sacred places and monuments, the book provokes contemplation and deeper understanding for all individuals, regardless of religious persuasion. Buddhist Wisdom also offers a brief overview of the life of the Buddha,

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Buddhist teachings  
and the spread of  
Buddhism around the  
world; includes a  
Buddhist calendar of  
celebration days and  
festivals.

A nurse and Zen  
teacher introduces  
readers to the  
practice of awareness  
and meditation  
techniques designed  
to help restore

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wholeness and health, tracing the links between spirituality and overall wellness. Reprint.

Enlightened Contemporaries is the first book to compare the lives and teachings of three of the world's most admired spiritual masters: Francis of Assisi, the Christian

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saint; Dogen, the great Zen Buddhist teacher; and Rumi, the Islamic Sufi master. They lived during the same turbulent century. They integrated mystical experiences of the sacred into their lives, and they can inspire us to do the same. Enlightened Contemporaries



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combines robust scholarship with brisk, engaging, lyrical prose. Offering a thorough introduction for the general reader as well as specialists, it will appeal to those who enjoy an interfaith approach to spiritual exploration, one that links Christian, Buddhist, and Islamic mystical

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teachings within a vibrant historical context and shows how they not only complement each other but remain profoundly relevant in the twenty-first century. Bringing Saint Francis, Dogen, and Rumi vividly to life as complex and compelling human beings, Enlightened

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Contemporaries

lucidly explains their spiritual paths, explores the dynamic age in which these three pioneering teachers struggled and triumphed, and investigates their remarkable poetry. It also deftly examines how Francis, Dogen, and Rumi engaged the world in the

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context of five shared themes: spiritual love, nature, the body, the role of women, and balancing retreat from society with active involvement. By interweaving the spiritual lives of these Christian, Buddhist, and Muslim teachers, Enlightened Contemporaries will help readers enhance

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their own lives and  
find new paths of  
spiritual  
understanding.  
Learn from the  
original Zen Masters  
of China and Japan in  
this journey through  
the history and  
evolution of Zen  
Buddhism. From the  
Indian monk  
Bodhidharma, who  
traveled alone to China

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and changed the  
Buddhist world, to the  
Japanese Master  
Ryokan, whose  
elegant poetry,  
simplicity, and  
kindness represent all  
that is beautiful in  
Zen, this Master  
Class offers  
heartening stories,  
insightful teachings,  
and practical lessons  
for incorporating the

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original Masters'  
teachings into our  
daily lives.

Being Zen

Developmental

Coaching: Working

With The Self

The Masters and

Their Teachings

Jesus and the Lost

Goddess

Bringing Meditation to

Life

Working with the Self

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Daily Reflections  
Ever feel like  
your efforts  
to live a life  
of wisdom,  
honesty, and  
compassion are  
hijacked by,  
well, life?  
Take heart.  
Ezra Bayda has  
good news:



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life's  
challenges  
aren't  
obstacles to  
our path—they  
are the path.  
Understanding  
that liberates  
us to use  
every aspect  
of what life  
presents us

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with as a way  
to live with  
integrity and  
authenticity—a  
nd joy. In  
this, as in  
all his books,  
Ezra's  
teaching is  
Zen made  
wonderfully  
practical, in

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a way that can  
apply to  
anyone's life.

Meditation is  
the  
foundation,  
but it doesn't  
stop there.  
It's about  
learning to  
take the  
practice of

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presence we  
cultivate in  
meditation to  
all the rest  
of our  
complicated  
lives. Doing  
that empowers  
us to navigate  
our journey  
with the  
integrity and

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authenticity  
that are what  
a satisfying  
life are all  
about.

The book "Do  
it with Zen"  
is a practical  
guide with  
direct  
relevance to  
everyday life.

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Selected  
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quotes and  
stories from  
Asia bridge  
the gap  
between  
Eastern wisdom  
and Western  
lifestyle. The  
author points  
out the basic  
principles of

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Zen teachings  
and transfers  
them to  
people's  
habits – the  
world of work,  
family, and  
everyday life  
are the focus  
of  
observation.  
The methods,

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which are additionally presented as exercises, can be summarised as consciousness techniques. Successfully applied, they can have a preventative



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effect against  
stress. With  
mental  
strength we  
can rise to  
crises and  
changes; some  
tools  
associated  
with this can  
be trained in  
a simple way!

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This book  
captivates  
through its  
simplicity and  
the selection  
of practice-  
oriented  
thoughts. The  
author has a  
professional m  
edical-  
therapeutic

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background, so that the Western health teachings are supplemented with useful practices in a meaningful and consistent way. The book "Do it with Zen" contains

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effective  
From The Zen  
suggestions  
Masters  
for coping  
with stress  
and  
illustrates  
the way our  
brain works. A  
compact  
guidebook with  
Far Eastern  
ways of

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thinking and  
practical  
everyday  
examples,  
written in a  
way that  
everyone can  
understand.  
Each chapter  
contains  
exercises to  
train

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successful  
stress  
management.  
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Improve your  
mindfulness  
through  
meditation and  
reflection.  
Successful  
training for  
mental  
strength and

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resilience.

Buddhist way  
of thinking

for a stress-  
free life and  
a better work-  
life balance.

Connecting Zen  
wisdom and  
everyday life.

Self-coaching  
book for

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better  
perception and  
awareness.

Becoming a  
creator of  
everyday life  
with self-  
efficacy. Well-  
founded  
knowledge from  
psychology,  
therapy and



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brain  
research. Also  
a great gift  
idea for  
stressed  
people, people  
looking for  
more quality  
of life or for  
dear friends,  
acquaintances,  
and

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colleagues!  
Why Were the  
Teachings of  
the Original  
Christians  
Brutally  
Suppressed by  
the Roman  
Church? •  
Because they  
portray Jesus  
and Mary

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Magdalene as  
mythic figures  
based on the  
Pagan Godman  
and Goddess •  
Because they  
show that the  
gospel story  
is a spiritual  
allegory  
encapsulating  
a profound

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philosophy  
that leads to  
mythical

enlightenment

- Because they have the power to turn the world inside out and transform life into an exploration of

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consciousness  
Drawing on  
modern  
scholarship,  
the authors of  
the  
international  
bestseller The  
Jesus  
Mysteries  
decode the  
secret

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teachings of  
the original  
Christians for  
the first time  
in almost two  
millennia and  
theorize about  
who the  
original  
Christians  
really were  
and what they

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actually  
taught. In  
addition, the  
book explores  
the many myths  
of Jesus and  
the Goddess  
and unlocks  
the lost  
secret  
teachings of  
Christian

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mysticism,  
which promise  
happiness and  
immortality to  
those who  
attain the  
state of  
Gnosis, or  
enlightenment.  
This daring  
and  
controversial



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book recovers  
the ancient  
wisdom of the  
original  
Christians and  
demonstrates  
its relevance  
to us today.  
By dipping  
into this  
little book of  
simple Zen

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Buddhist  
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sayings, you  
can calm your  
anxiety and  
return  
serenity to  
your soul. Are  
you feeling  
stress and  
anxiety from  
the demands of  
daily life? Do

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you feel  
overwhelmed by  
your to-do  
list and the  
constant  
deluge of  
information  
from all  
quarters? Are  
you unhappy  
with your life  
and envious of

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those around  
you? At times  
like these  
it's important  
to step back  
and take a  
breath. Zen  
meditation may  
conjure up  
images of  
sitting in  
silence for

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long hours,  
but according  
to Buddhist  
monk and  
author  
Shinsuke  
Hosokawa, Zen  
can be summed  
up as "the  
knowledge  
needed for a  
person to live

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life with a  
positive  
outlook." With  
this in mind,  
he has  
produced this  
charmingly  
illustrated  
collection of  
thoughts and  
sayings to  
help you live

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life with less  
stress and  
anxiety. The  
sayings  
include: Pay  
attention to  
what is right  
in front of  
your eyes  
Nothing  
happens by  
chance. Every

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encounter has  
its meaning Be  
careful not to  
confuse the  
means and the  
purpose Keep  
flowing just  
like water  
Nothing will  
control you  
Even a bad day  
is a good day



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Check the  
ground beneath  
your feet when  
you're in  
trouble You'll  
never walk  
alone These 52  
mindful  
sayings mirror  
the 52 steps  
traditionally  
taken to

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achieve  
From The Zen  
Buddhist  
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enlightenment,  
and they also  
coincide with  
the 52 weeks  
of the  
year—passing  
through the  
seasons, both  
in the natural  
world and our

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lives. Each page has an illustration and a simple, meditative reflection to help you see into your own heart, accept your current state of being, reduce

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anxiety and  
find peace.  
Whatever the  
time of year,  
whatever your  
time of life,  
by browsing  
the pages of  
this book you  
are sure to  
quickly find a  
piece of

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universal  
From The Zen  
Masters  
wisdom that  
will resonate

with your  
soul.

Enlightened  
Contemporaries  
Do it with Zen  
- A manual for  
stress  
management  
The Secret

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Teachings of  
From The Zen  
Masters  
Christians  
Journeys in  
Search of True  
Home, from the  
American  
Heartland to  
the Buddha  
Dharma  
The Authentic  
Life

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Rumi Wisdom  
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A Gentle Way  
to Awareness,  
Concentration,  
and Serenity

**"365 days of  
practical,  
powerful  
teachings from  
the beloved Zen  
teacher  
Inspiring, joyful,**

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Daily Teachings  
and deeply  
insightful, this  
book offers

daily  
contemplations  
and words of  
wisdom from  
one of today's  
most important  
spiritual  
teachers. Thich  
Nhat Hanh is,



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**with His  
Holiness the  
Dalai Lama, the  
best-known  
Buddhist  
teacher in the  
world, and his  
teachings have  
touched  
millions. These  
powerful and  
transformative**

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**words of  
wisdom, drawn  
from the works  
of this best-  
selling and  
prolific author,  
touch all  
aspects of our  
lives, from the  
personal to the  
global, and  
reflect the great**

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**themes of Thich  
Nhat Hanh's  
teachings: how  
the practice of  
mindfulness  
brings joy and  
insight into  
every moment  
of our lives; how  
to transcend  
fear and other  
negative**

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**emotions; how  
we can heal our  
inner wounds  
with gentleness  
and awareness;  
how to  
transform our  
relationships  
through love,  
presence, and  
deep listening;  
and how to**

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**practice peace  
for our world  
and caring for  
the earth.**

**Through Thich  
Nhat Hanh's  
great brilliance,  
this book  
presents these  
profound  
themes in short  
teachings that**

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Daily Teachings

are practical yet

powerful, and

will uplift and

inspire your

day"--

Treat yourself

to beautiful,

powerful

insights, drawn

from the great

writings of Zen

Buddhism. Each

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**month begins  
with a passage  
from a  
traditional  
Buddhist  
parable.**

**This  
groundbreaking  
book introduces  
a new theory of  
developmental  
coaching and a**

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Daily Teachings  
**new framework  
for coaching  
practice.**

**Examining the  
self is at the  
heart of  
coaching and  
this book  
provides a  
comprehensive  
overview of  
knowledge on**



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**the Self from  
psychology,  
philosophy and  
other  
disciplines.  
Developmental  
Coaching  
outlines a  
theory of  
individual  
development,  
with practical**

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**applications for  
coaches. The  
Development of  
Self in Action  
(DSA) theory  
provides a  
credible  
explanation of  
the individual  
functioning,  
desired changes  
and**

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**development  
that makes  
developmental  
coaching a  
rigorous, theory-  
based approach  
to practice.  
Building on the  
influential first  
edition of this  
text, Bachkirova  
enriches and**

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**refines the book  
with even  
further  
conceptual  
clarity and  
hands-on  
advice. These  
theoretical and  
practical  
approaches  
have been used  
and tested for**

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**over a decade,  
not only in the  
actual delivery  
of  
developmental  
coaching, but  
also in many  
teaching  
programmes,  
numerous  
masterclasses  
and coaching**

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**supervision  
internationally.  
This new edition  
also offers an  
additional  
section on  
professional  
development  
and coaching  
supervision for  
coaches in the  
area. This book**

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**will be an  
invaluable  
resource for  
students on  
coaching  
programmes  
and coaching  
practitioners  
who are keen to  
understand  
more about  
developmental**

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**coaching and  
why it works.**

**“This is the best  
book written so  
far about  
coaching, in my  
humble opinion,  
because it is so  
deeply  
considered, so  
original and  
intelligent, so**



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**relevant to  
practising  
coaches, and so  
useful to those  
seeking  
practical  
wisdoms.” Dr  
Paul Lawrence,  
Director Leading  
Systemically &  
Honorary  
Research**

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**Associate  
Oxford Brookes  
University, UK**

**“Tatiana  
masterfully  
interweaves a  
rich discussion  
of the scientific  
and  
philosophical  
foundations of  
her DSA model**

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**with practical  
tools and  
implications for  
coaches.”**

**Angela  
Passarelli,  
Ph.D., Associate  
Professor of  
Management,  
College of  
Charleston, USA**  
**“Tatiana**

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Masters  
**Bachkirova  
greatly enriches  
our**

**understanding  
of both client  
and coach.”**

**Mary Watts,  
Emeritus  
Professor of  
Psychology,  
City, University  
of London, UK**

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**Praise from the  
1st Edition: This  
book is a rare  
beast in the  
developmental  
area of coaching  
- intelligent,  
articulate and  
accessible ... Dr  
Bachkirova's  
work combines  
and extends**

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**many existing  
developmental  
approaches,  
making  
previously  
opaque  
frameworks  
tangible and  
real. Anthony  
Grant, Director  
of the Coaching  
Psychology Unit,**

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**University of  
Sydney,  
Australia**

**Tatiana  
Bachkirova is  
Professor of  
Coaching  
Psychology and  
Co-Director of  
the  
International  
Centre for**

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**Coaching and  
Mentoring  
Studies at  
Oxford Brookes  
University, UK.  
She is a  
recognised  
international  
speaker and her  
many  
publications  
include over 70**



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**research and  
conceptual  
papers as well  
as edited  
volumes.**

**Zen's Chinese  
Heritage  
What Really  
Matters  
Buddhist  
Wisdom on  
Compassion,**

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**Caring, and  
Caregiving - For  
Yourself and  
Others**

**Daily Teachings  
from the Great  
Sufi Master  
A Zen Quote A  
Day  
Wisdom from  
the Great  
Masters,**

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**Teachers, and  
Writers of All  
Time**

**Simple Advice  
from a Zen  
Buddhist Monk**

This luminous  
memoir combines  
the  
hardscrabble  
setting of  
Appalachia with

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the spiritual  
wisdom of  
Shunryu

Suzuki's  
classic Zen  
Mind,  
Beginner's  
Mind. "Amazing  
and intense. A  
unique,  
entertaining,  
and valuable  
contribution to

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the Dharma  
literature,  
Appalachian Zen  
addresses a  
part of the  
Western Dharma  
world that  
hasn't received  
much attention:  
class." –Rev.  
Sumi Loundon  
Kim, Yale  
University,  
*Page 133/204*

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author of Blue  
Jean Buddha and  
Sitting

Together

Appalachian Zen  
describes a

journey we all  
take, one that  
Buddhism calls  
"seeking our  
true home."

Edgy, lyrical,  
and lovingly

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rendered, this  
book recounts  
how a kid from  
a Pennsylvania  
mill-town  
trailer park  
grew  
up—surrounded  
by backwoods  
farms and amid  
grief,  
violence, and  
passionate

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yearning—to  
become  
something

improbable: a  
Buddhist  
minister  
teaching Zen.  
Author Steve  
Kanji Ruhl  
takes readers  
on an adventure  
of discovery,  
roving far from



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the Appalachian  
From The Zen  
Mountains of  
Masters  
central

Pennsylvania on  
a footloose Zen  
pilgrimage to  
Japan and  
beyond.

Featuring vivid  
firsthand  
accounts of  
spiritual  
seeking and

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teaching in  
From The Zen  
Masters,

temples, as  
well as forays  
to Tokyo and  
Hiroshima, the  
alleys of  
Kyoto, Amish  
cornfields near  
the  
Susquehanna,  
and a monastery  
in the

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Catskills,  
Appalachian Zen  
includes robust  
historical  
sketches, rapt  
nature  
passages, and  
cultural  
references  
ranging from  
Proust to punk  
rock.

Throughout the  
*Page 139/204*

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book, Ruhl  
engages  
Buddhist themes

of awakening  
and the death  
of the self by  
confronting the  
lives and  
deaths,  
including two  
by suicide, of  
his loved ones.  
This

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provocative  
memoir tells  
how it feels to  
practice Zen,  
and to move  
toward a life  
of hard-won  
forgiveness,  
healing, and  
freedom.

Sheila the Zen  
Dog encourages  
us—Buddhists

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and non-  
Buddhists  
alike—to find

peace through  
letting go of  
attachments and  
learning to be  
in the moment.

Whether  
pondering the  
merits of  
barking versus  
receiving tummy

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rubs ,  
considering the  
similarities  
between police  
dogs and show  
dogs , or  
sharing secrets  
of doggie  
dreams , Sheila  
uses her  
natural dog  
wisdom , haiku  
poetry , and

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simple  
From The Zen  
Masters  
explanations to  
fetch and  
deliver a clear  
and useful  
summary of Zen  
Buddhist  
teachings.

Often dubbed  
The Middle  
Path, Buddhism  
as explained by  
this Zen Dog



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offers guidance  
From The Zen  
Masters  
to anyone,  
regardless of  
breed.

"An  
indispensable  
reference.  
Ferguson has  
given us an  
impeccable and  
very readable t  
ranslation."---

John Daido

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Loori --

We can use

whatever life  
presents, Ezra  
Bayda teaches,  
to strengthen  
our spiritual p  
ractice—including  
the turmoil  
of daily life.

What we need is  
the willingness  
to just be with

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our experiences  
—whether they  
are painful or  
pleasing—openin  
g ourselves to  
the reality of  
our lives  
without trying  
to fix or  
change  
anything. But  
doing this  
requires that

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we confront our  
most deeply  
rooted fears  
and assumptions  
in order to  
gradually  
become free of  
the  
constrictions  
and suffering  
they create.  
Then we can  
awaken to the

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loving-kindness  
that is at the  
heart of our  
being. While  
many books  
aspire to bring  
meditation into  
everyday  
experience,  
Being Zen gives  
us practical  
ways to  
actually do it,

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introducing  
From The Zen  
Masters techniques that

enable the  
reader to  
foster  
qualities  
essential to  
continued  
spiritual  
awakening.

Topics include  
how to  
cultivate: •

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Perseverance:  
From The Zen  
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staying with  
anger, fear,  
and other  
distressing  
emotions. •

Stillness:  
abiding with  
chaotic  
experiences  
without  
becoming  
overwhelmed. •

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Clarity: seeing  
through the  
conditioned  
beliefs and  
fears that  
"run" us. •

Direct  
experience:  
encountering  
the physical  
reality of the  
present  
moment—even



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when that moment is exactly where we don't want to be. Like Pema Chödrön, the best-selling author of *When Things Fall Apart*, Ezra Bayda writes with clear,

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heartfelt  
simplicity,  
Masters

using his own  
life stories to  
illustrate the  
teachings in an  
immediate and  
accessible way  
that will  
appeal to a  
broad spectrum  
of readers.

Daily Zen

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Appalachian Zen  
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Masters  
Wisdom for  
Modern Life  
Daily Doses of  
Wisdom  
Zen Wisdom for  
the Anxious  
365 Buddhist  
Inspirations  
The Everyday  
Wisdom of Thich  
Nhat Hanh

**In this**

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practical, easy  
to understand  
book Alex Kakuyo  
explains how the  
Four Noble  
Truths and  
Eightfold Path  
of Buddhism can  
help us in daily  
life. Drawing  
from personal  
experiences on  
farms, in  
temples, and in

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the U.S.

Marines, Alex  
tells stories  
that show how  
the daily grind  
of work, traffic  
jams, and family  
drama is the  
source of our  
enlightenment.  
Master Sheng-yen  
combines wisdom  
gained from  
years of study

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and practice  
with knowledge  
of the

contemporary  
world to show  
how Chan and  
Buddha's  
teachings are  
still relevant  
today.

Beginners, as  
well as those  
already on the  
path, will find

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clear and useful  
guidance as the  
revered teacher  
answers  
questions from  
his students on  
the simple yet  
elusive  
principles of  
Chan (Zen)  
practice.  
Open up Daily  
Wisdom and find  
page after page

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of illuminating  
words. You'll  
encounter  
ancient Buddhist  
sages and  
contemporary  
meditation  
masters offering  
encouragement  
and quiet  
counsel - some  
in spacious  
poetry, others  
in lucid prose -



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Daily Teachings  
on love and  
living wisely,  
on meditation

and mindfulness,  
on the pitfalls  
of anger and  
necessity of  
compassion.

Whether you're  
seeking morning  
inspiration or a  
few uplifting  
words to help  
keep a difficult

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day in  
perspective,

Daily Wisdom is  
a valuable  
companion.

Includes words  
of wisdom from:  
The Dalai Lama  
Lama Yeshe Ayya  
KHEMA Bhante G.  
Thich Nhat Hanh  
B. Allan Wallace  
Lorne Ladner  
Sandy Boucher

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Lama Zopa  
Rinpoche Master  
Hsing Yun Sakya  
Pandita Milarepa  
Kalu Rinpoche  
and many more!  
This tiny  
treasury,  
featuring  
vibrant artwork,  
contains  
inspirational  
teachings, drawn  
from the wisdom

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of Buddha, that  
set readers on  
an illuminating  
path to nirvana.  
Original. 15,000  
first printing.  
More Daily  
Wisdom  
The Wisdom of  
the Zen Masters  
The Zen Book of  
Life  
Buddhist Wisdom  
Daily Teachings

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from the Zen  
Masters

A Course in Zen  
Wisdom from  
Traditional  
Masters

Living Zen Happy  
Life

Meditation is like a  
love affair with  
your innermost  
self. At times it can  
be ecstatic and

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entrancing, other  
times simple and  
still—and

sometimes you  
might not even feel  
its profound effects  
until later. Now  
with Meditation for  
the Love of It,  
Sally Kempton  
shares practical  
secrets to help us

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turn meditation into an unconditional embrace of the fullness of our experience—on and off the meditation cushion. With the gentle wisdom and compassion of one who understands the nuances of practice, she

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opens us to the joy  
of exploring the  
deep and

mysterious inner  
landscape of the  
heart, mind, and  
body. Drawing on  
her 40 years as a  
teacher and a  
fellow meditator,  
Sally teaches us  
how we can



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connect to our  
inner longings and  
creative [shakti]  
energy to allow the  
transformative gifts  
and blessings of  
meditation to  
unfold. With  
playfulness and  
devotion—two key  
attitudes in  
sustaining a daily

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practice—she  
shares  
indispensable  
guidance for this  
voyage of self-  
discovery,  
including: How to  
tune in to your own  
—meditation  
channel,— a  
bandwidth of  
tranquillity, energy,

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and joy Why you  
don't need a quiet  
mind to meditate

How the force  
known as  
Kundalini can fuel  
your practice  
Connecting to your  
ever-present Inner  
Beloved to let go  
of conditioned  
ideas about

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yourself and make  
space for the True  
Self to come forth  
Ripening your  
practice beyond  
technique into the  
□sweet mysterious  
expanse of  
spontaneous  
meditation□ More  
than 20 practices  
for bringing the

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peace and insight  
of meditation into  
your daily life

□Remember: what  
you seek in  
meditation is your  
own Beloved, your  
own inner  
intelligence, your  
own Awareness,  
and your own  
Truth,□ teaches

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Sally. Meditation  
for the Love of It  
points us back to  
our own intimate  
heart of hearts, our  
own deepest  
experience, and  
the bliss of  
existence itself.

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Praise — This is the classic wisdom of the East, cast in a very personal and accessible form. It is authoritative and inspiring and will make you want to meditate for the highest reasons

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and in the most  
effective ways.□  
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□ Andrew Weil, MD,  
author of  
Spontaneous  
Healing and  
Meditation for  
Optimum Health

□ A thoughtful,  
intuitive, and  
uncommonly well-  
written book, which

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can only be  
welcomed by all  
who follow the way  
of meditation.□

□Peter  
Matthiessen,  
author of The  
Snow Leopard  
□Sally Kempton is  
one of the great  
realized teachers  
on the meditation

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path, whose  
Integral  
understanding of  
life merges  
seamlessly with  
her mastery of  
meditation. She is  
a guide for our  
time. □ □ Ken Wilber,  
author of A Brief  
History of  
Everything □ Love

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this book! I'm  
grateful to Sally for  
this how-to guide  
to the soul and am  
excited to deepen  
my own  
experience of  
meditation through  
her inspiration and  
guidance. ☺ ☺ Seane  
Corne,  
international yoga

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teacher and  
activist, cofounder  
of Off the Mat, Into  
the World

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He was one of  
Sufi's most  
enlightened sages,  
and its greatest  
mystical poet.

Embark on a  
remarkable voyage  
of self-discovery  
with daily insights

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taken from Rumi's  
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masterwork Mathn  
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awi-i-Maanawi or  
Couplets of Inner  
Meaning.

Sumptuously  
illustrated with  
photographs and  
paintings, this new  
translation  
captures the  
poem's intoxicated

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devotion,  
multiplicity of  
meanings, and  
even humor in a  
language that will  
speak to  
contemporary  
readers. "You"  
find a year's worth  
of daily inspiration.  
"Psychic Reader."  
When the Buddha

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set in motion the wheel of Dharma, he knew that the teaching he gave was inexhaustible—that every future generation would find its own skillful ways to convey it to the hearts and minds of those

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ready to hear. The Buddha Is Still Teaching is testimony to the fulfillment of that promise today. The selections it contains, from today's most highly regarded contemporary Buddhist teachers,

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bring the Dharma eloquently to life for us in our own time, place, and culture. They demonstrate that two and a half millennia have done nothing to diminish the freshness of the Buddhist

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teachings, or their  
universal  
applicability to our  
lives. Contributors  
include: Ajahn  
Chah, Charlotte  
Joko Beck, Sylvia  
Boorstein, Tara  
Brach, Pema  
Chödrön, the Dalai  
Lama, Ram Dass,  
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Joseph Goldstein,  
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Jack Kornfield,  
Noah Levine,  
Stephen Levine,  
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Sharon Salzberg,  
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Robert Thurman,  
Thich Nhat Hanh,



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and Tulku  
Thondup. To learn  
more about the  
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website at [www.jac  
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Daily Joy and  
Ultimate Peace  
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Fear  
Searching for  
Wisdom in  
America  
Zen Master Class  
Perfectly Ordinary

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*According to Christopher Titmuss, the beneficial influence of the Buddha falls into three primary areas: non harming, meditation and wisdom. By taking apt quotations from the vast number of*

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*talks (over 10,000)  
which the Buddha  
gave during his 45  
years of teaching,  
Titmuss offers one  
thought-provoking  
excerpt for each  
day of the year -  
and so helps  
illuminate these  
three important  
themes. This is a*

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*book readers will want to keep for many years, and dip into time and again.*

*Daily Doses of Wisdom draws on the richness of Buddhist writings to offer a spiritual cornucopia that will illuminate and*

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*inspire day after  
day, year after  
year. Sources  
span a spectrum  
from ancient sages  
to modern  
teachers, from  
monks to  
laypeople, from  
East to West, from  
poetry to prose.  
Each page, and*

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*each new day,  
reveals another  
gem carefully  
selected from the  
entire list of titles  
published by  
Wisdom.*

*Like its successful  
predecessor, Daily  
Wisdom, More  
Daily Wisdom  
draws on the*

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*richness of  
Buddhist writings  
to offer a spiritual  
cornucopia that will  
illuminate and  
inspire day after  
day, year after  
year. Sources  
span a spectrum  
from ancient sages  
to modern  
teachers, from*



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*monks to  
laypeople, from  
East to West, from  
poetry to prose.  
Each page, and  
each new day,  
reveals another  
gem of Daily  
Wisdom. Entries  
included are from  
some of  
Buddhism's best-*

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*known figures: the  
Dalai Lama, Sylvia  
Boorstein, Bhante  
Gunaratana  
(Mindfulness in  
Plain English),  
Lama Zopa  
Rinpoche  
(Transforming  
Problems into  
Happiness), Lama  
Yeshe*

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*(Introduction to  
Tantra), Ayya  
Khema (Being  
Nobody, Going  
Nowhere) and of  
course, the  
Buddha himself.  
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and Rūmī: Three  
Great Mystics of  
the Thirteenth*

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They Matter Today  
Enjoying Your Own  
Deepest  
Experience*

*THE FORTY-TWO  
CHAPTERS*

*SUTRA Core*

*Teachings of the  
Buddha: Zen Talks  
by Thich Phuoc  
Tinh*