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ZEN IN PLAIN ENGLISH: EXPLAINING THE ESSENCE OF ZEN

Watkins Media. Paperback. Book Condition: new. BRAND NEW, Zen in Plain English: Explaining the Essence of Zen, Stephan Schuhmacher, This book coaxes the reader into a direct encounter with the life-changing perceptions of the Zen mind. Building on the discoveries of the formative teachers - from the quest of enlightenment of the historical Buddha to the 'crazy wisdom' of the Chinese patriarchs who gave Zen its unique and unsettling flavour - the author points to the essentials of Zen. The...

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- Authored by Stephan Schuhmacher
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