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Inner Traditions. Paperback. Condition: New. 224 pages. A guide for achieving an enlightened mind through the art of non-doing Details meditation practices, focused on stillness of the mind, along with Patanjalis yoga methods to maintain a consciousness referred to as being in the zone Builds on Taoist, Confucian, and Hindu principles along with scientific findings to support wu-wei-the art of non-doing, non-forcing--as a way of life Explains how wu-wei practitioners cultivate intelligent spontaneity and effortless action to allow the natural..

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