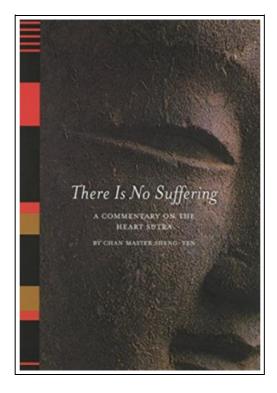
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North Atlantic Books, U.S., United States, 2002. Paperback. Condition: New. Language: English. Brand New Book. The Heart Sutra, just over a page long, distills the teachings of the Buddha to their purest essence. Perhaps the best known of all Buddhist sutras, it is recited in Buddhist centers and monasteries around the world. Emphasizing a living wisdom directly experienced, the schools of Chan have revered the Heart Sutra for its concise expression of the core revelations of the Buddha. There Is No Suffering is Chan Master Sheng-yen's commentary on the Heart Sutra. He speaks on the sutra from the Chan point of view, and presents it as a series of contemplation methods, encouraging readers to experience it directly through meditation and daily life. In this way, reading the Heart Sutra becomes more than just an intellectual exercise; it becomes a method of practice by which one can awaken to the fundamental wisdom inherent within each of us. Whether one wants a better understanding of Buddhist concepts or a deepened meditation practice, this commentary on the Heart Sutra can help.

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