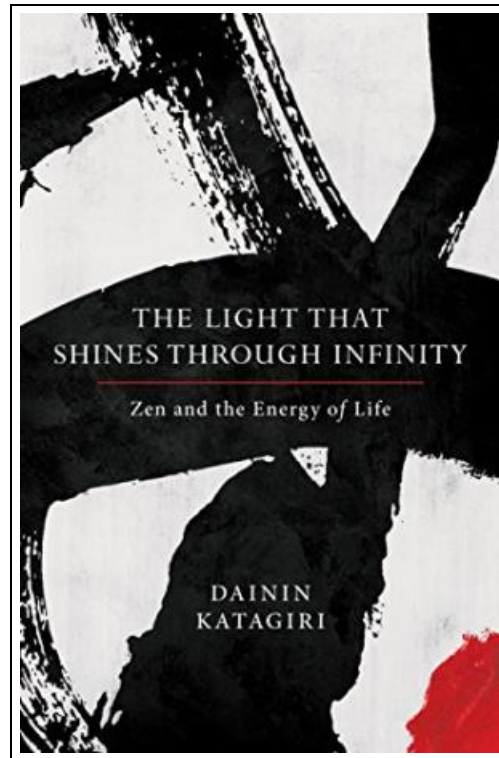


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Shambhala. Paperback. Condition: New. 208 pages. A Zen Buddhist perspective on the universal flow of cosmic energy and how to incorporate that energy into ones life and spiritual practice--from one of the most revered figures in American Zen. From ancient times, the people of Asia have developed spiritual, medical, and martial art traditions based on the flow of universal energy as the life force (sometimes calledchi). The teachings of Buddhism have acknowledged and incorporated this cosmic energy, which enlivens everything and interconnects everything yet depends on the impermanence of everything in order to function. Katagiri Roshi refers to it as the rhythm of life, and he suggests that connecting to the universal energy is essential to awakening, to dharma transmission, and to spiritual life in general. This book, assembled from his recorded talks, compiles a broad range of the masters Zen teachings as they relate to the idea of energy, in a way that applies directly to spiritual practice. Its divided into 5 parts: Life Force and Life, Practice and Enlightenment, Body and Mind, Wisdom and Compassion, Peace and Harmony. Its full of autobiographical bits and stories that bring the teaching to life and that convey some of Roshis spirit. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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