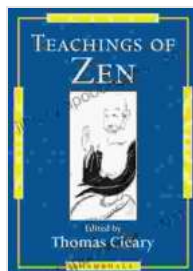


Teachings of Zen: Your Gateway to the Heart of Zen Buddhism



Teachings of Zen by Thomas Cleary

★★★★★ 5 out of 5

Language : English
File size : 368 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 221 pages

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- Practical instructions on meditation and mindfulness

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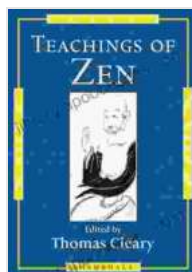
- Gain a deep understanding of Zen philosophy and teachings
- Incorporate Zen practices into your daily life
- Cultivate inner peace, mindfulness, and clarity
- Connect with the ancient wisdom of Zen masters
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