

24/7 Dharma: Impermanence, No-self, Nirvana - Dennis Genpo Merzel

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For the beginner, this book introduces the fundamental teachings of Buddhism in language direct, clear, unexotic; drawing straight from the well of our recognizable lives, Genpos teachings remind with the pure resonance of the meditation bell: Dont waste time. Jane Hirshfield, author of Nine Gates: Entering the Mind of Poetry Zen Master Dennis Genpo Merzel brings clarity and wisdom to our most fundamental questions Why do we suffer? How can we free ourselves from fear and sorrow? What does it take to live in harmony with others? Merzels pithy and provocative observations can be read individually for inspiration and guidance, or from beginning to end as a lucid introduction to Buddhist truths. Supremely accessible, 24/7 Dharma applies the central concepts of Buddhism to our modern-day experience. In a long tradition of Zen aphorisms and turning phrases, Roshi Genpo Merzels brief, laconic Dharma teachings always point to ones own true nature. Zen Master Bernie Glassman, founder of the Zen Peacemaker Order Author: Merzel, Dennis Genpo Publisher: Big Mind Publishing Illustration: N Language: ENG Title: 24/7 Dharma: impermanence, no-self, nirvana Pages: 00156 (Encrypted EPUB) / 00156 (Encrypted PDF) On Sale: 2012-08-09 SKU-13/ISBN: 9780977142378 Category: Body, Mind & Spirit : Inspiration & Personal Growth

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