

Warm Smiles From Cold Mountains: Dharma Talks On Zen Meditation - Reb Anderson

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Based on a series of dharma talks, Warm Smiles from Cold Mountains explores the life of passionate commitment that lies at the heart of the formal practice of Zen meditation. Reb Anderson draws on over 30 years of experience as a Zen priest with stories covering a range of topics and concerns, from what it feels like to be a father, to the simple task of cleaning up a desk. At once inspirational and practical, Anderson bows to an ancient tradition as he helps to forge a modern-day Buddhism that urges us "to sit still in the middle of all living beings." This third edition adds two new chapters: "Suzuki Roshi's Teaching on Shikantaza" and "September 11: Letting Go of Hatred". Author: Anderson, Reb Publisher: Rodmell Press Illustration: N Language: ENG Title: Warm Smiles from Cold Mountains: Dharma Talks on Zen Meditation Pages: 00192 (Encrypted EPUB) On Sale: 2005-04-07 SKU-13/ISBN: 9781930485105 Category: Religion : Buddhism - Zen

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