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The art of Zen meditation

By Howard Fast

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zen zen n 1 a school of mahayana buddhism that asserts that enlightenment can be attained through meditation self contemplation and intuition rather than **Free** welcome to the world of osho an opportunity to experience for yourself the essence of meditation read watch listen and experience this revolutionary approach **summary** one way to think of zen is this a total state of focus that incorporates a total togetherness of body and mind zen is a way of being it also is a state of mind find zen alarm clocks with gradually increasing chimes and gongs that ease you awake and gently remind you when yoga and meditation time is up youll even find a

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