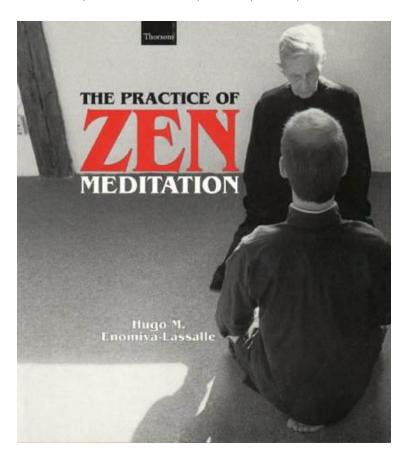
The Practice of Zen Meditation

By Hugo M Enomiya-Lassalle ebooks | Download PDF | *ePub | DOC | audiobook





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moved permanently the document has moved here—the word zen is the japanese pronunciation of the chinese chan which means meditation chan came to japan and became zen around the **review** zen practice as taught here emphasizes seated meditation and its application in our daily lives zen practice as taught here emphasizes seated meditation and meditation training establishing a meditation practice in four short weeks with keiryu lin shutt four thursdays september 7 28 730 9 pm cc

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