



# Hear Now: A Way of Zen and Mindfulness

By Peter Taylor

Inroads Press, United States, 2015. Paperback. Book Condition: New. Rebecca Nie (illustrator). 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Hear Now, written by Zen Master Bub-in (Peter Taylor), is a cheerleader for Zen and mindfulness. It cheers for the process so that you might give it a try to see if it works for you, and it might. The title of the book is both a play on words pointing to a marker in time and space, the here and now, and an instruction to turn to your senses and engage in the present moment. The chapter names are subliminal messages placed on alternating pages to highlight the message of the text. Thinking and Suffering reminds you of a strong link between those activities. Self and Ego reminds you of the important difference between those concepts. Time and Space is another reminder of the vastness of experience that can always be reduced to the here and now. Meditation and Mindfulness is more rah, rah, rah for the way to salvation. Finally, Love and Enlightenment, draws a connection between love, which you understand, and enlightenment, which can mean almost anything. The best way to...



### Reviews

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-- Gianni Hoppe

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-- Alford Kihn

## Other Books



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Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. Karen Stormer Brooks (illustrator). 214 x 149 mm. Language: English. Brand New Book. This is volume one, Reading Level 1, in a comprehensive program (Reading Levels 1 and 2) for...



#### A Parent s Guide to STEM

U.S. News World Report, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This lively, colorful guidebook provides everything you need to know to help your child get inspired, succeed...



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Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203  $\times$  135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...