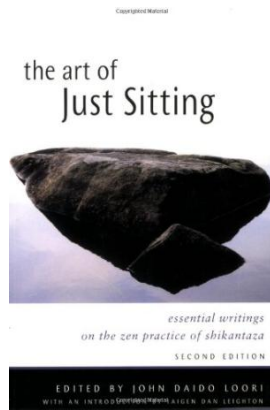


## Read PDF

# THE ART OF JUST SITTING: ESSENTIAL WRITINGS ON THE ZEN PRACTICE OF SHIKANTAZA



Wisdom Publications. Paperback. Book Condition: New. Paperback. 256 pages. Dimensions: 9.2in. x 6.2in. x 0.9in. Shikantaza--or just sitting--is one of the simplest, most subtle forms of meditation, and one of the most easily misunderstood. This peerless volume brings together a wealth of writings, from the Buddha himself to Bodhidharma and Dogen and many of modern Zen Buddhism's most influential masters, all pointing directly to the heart of this powerful practice. Edited by one of America's pre-eminent Zen teachers, this book is...

## Read PDF The Art of Just Sitting: Essential Writings on the Zen Practice of Shikantaza

- Authored by -
- Released at -



Filesize: 1.6 MB

## Reviews

*This ebook is definitely not effortless to get going on looking at but quite entertaining to read. It really is rally exciting throug reading period. Its been developed in an exceptionally easy way and is particularly simply following i finished reading through this ebook through which basically changed me, alter the way i believe.*  
-- **Piper Gleason DDS**

*Without doubt, this is actually the best function by any article writer. It is probably the most amazing ebook i have got go through. Your lifestyle period will likely be enhance once you complete reading this article publication.*  
-- **Brody Parisian**

*It in a of the best book. We have study and i also am confident that i will gonna study once more once more in the foreseeable future. I discovered this pdf from my i and dad recommended this book to understand.*  
-- **Kallie Simonis**