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SONG OF TRUSTING THE HEART: A CLASSIC ZEN POEM FOR DAILY MEDITATION



Sentient Publications. Paperback. Book Condition: new. BRAND NEW, Song of Trusting the Heart: A Classic Zen Poem for Daily Meditation, Tamarack Song, Zen masters say only one thing matters in life - the now, and only one thing matters at death - a peaceful heart. The way to achieve both is vibrantly expressed in the poem "Song of Trusting the Heart" (also known as "Hsin Hsin Ming" or "Faith Mind Inscription"), an ancient Chinese scripture beloved by sages and considered...

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