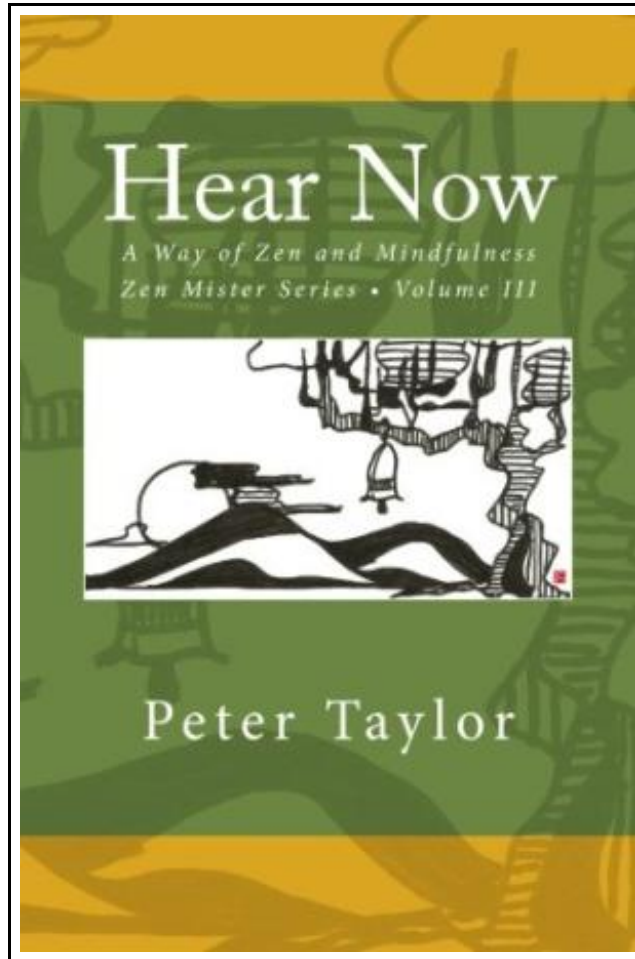


## Hear Now: A Way of Zen and Mindfulness



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### ***Reviews***

*Basically no words to clarify. Of course, it is perform, still an amazing and interesting literature. Its been printed in an exceptionally basic way which is only soon after i finished reading through this ebook where actually altered me, change the way i really believe.*

***(Newton Runolfsson)***

## HEAR NOW: A WAY OF ZEN AND MINDFULNESS



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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 experience the wisdom of this book is to sit on it and meditate. The second best way is to smack it against a table and hear the sound of now. If those don't work for you, please read it.



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