



## Just Use This Mind: Follow the Universal Truth to Oneness of Mind, Body & Spirit

By Miao Tsan, Jay Gao

Bright Sky Press. Paperback. Book Condition: new. BRAND NEW, Just Use This Mind: Follow the Universal Truth to Oneness of Mind, Body & Spirit, Miao Tsan, Jay Gao, Zen training brings us back home to a place of deeper meaning. In this eternal home, mind and matter are one. Here is a spiritual home that is not about temples or traditions. It is a place in your own pure mind where you become the master of your own thoughts. When you learn to follow the path of Zen with diligence and right understanding, you can break through old patterns in your life and become enlightened -- at peace in your body, your mind, and your spirit. Once you have a clear understanding of the Zen path, all you have to do is begin following it. As you devote yourself to your practice, you'll feel old burdens -- old negative attachments -- fall away. And when you awaken to the Way, you will understand that nothing surpasses the mind. The mind is all existence; it is the entire universe. Nothing happens outside the mind, and outside of what happens there is no mind.



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