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Zen: Zen For Beginners: The Complete Guide To Achieving Presence And Inner Peace (Meditation, Buddhism, Zen Buddhism For Beginners, Happiness)



Synopsis

The Complete Guide to Achieving Presence and Inner PeaceFree Bonuses Inside!This book contains proven steps and strategies on how to begin your Zen lifestyle to reach the presence and inner peace you desire. In fact, you will learn to let go of all your desires in order to reach the inner peace of a Zen Buddhist. Time will be spent on defining Zen, the historical pathway it has taken and the doctrines you are meant to follow. Once you reach an understanding in the material world of Zen, you can begin to explore what it truly means to you and to the path you were meant to take in this life. You will discover the practices of Zen Buddhism that not only focus on observation of breath and the mind, but on how to build character and meditate to reach a higher level of conscious understanding about the world and your part in it. You will learn how to leave behind the desires that cause you suffering and exist on an elemental plan within the world and of the world. Once you attain the framework of what Zen Buddhism is and understand the practices to follow, you will see how you can incorporate it into your lifestyle. You may apply this not only to your career and work, but also to attain financial and relationship peace that very few ever find. Here Is A Preview Of What You'll Learn...What is Zen?History of ZenDoctrines of ZenThe Practices of Zen BuddhismIncorporating Zen into Your LifestyleMindfulnessZazen BuddhismChakraAnd More!This beginner's guide will take you further into topics, such as mindfulness, Zazen Buddhism and Chakra. By the end of this book, you will already feel a new peace settling over your shoulders and the motivation to let the problems go. This will allow you to release yourself from the causes that are weighing you down, and ultimately allow you to relax into a stress-free lifestyle. In the following text, you may find certain topics of Zen that you already knew or could spend hours researching on your own. They are compiled here to ensure that you follow the pathway you are on to the inner peace and presence that you seek in this life. The lessons you will learn are meant to help you see that the path you take is one set for you, allowing you to find peace, while still attaining the goals your life's path has set for you. This book will show you how to embrace your new life and embody the inner peace that allows you to enjoy what you have and the world you live in. So What Are You Waiting For? Take Action Now And Grab A Copy Today!Learn, Have Fun and Enjoy!

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Customer Reviews

This kind of e-book brings up fantastic insights straight into Zen as well as methods. It gives you full home elevators Zen's move from the first decades regarding Ch'an Buddhism for the Zen regarding nowadays. It also provides a rapid summary around the lifestyles on the primary 6 experts regarding zen, their particular morals and methods and the way to include zen straight into your way of life. My partner and i find this specific e-book really helpful.

When I asked my friend about ZEN, He said me before your starting ZEN you should know, Actually What is ZEN? Right now you may be thinking It's Buddhism, isn't it religion and others but Zen is part of the Mahayna Buddhism School. Incorporation Zen into your lifestyle is about mindfulness of yourself and others. This book have the details of ZEN for beginners and I hope everyone will enjoy this book. Best of luck!

This book brings up great insights into Zen and its practices. It provides complete information on Zen's transition from the early years of Ch'an Buddhism to the Zen of today. It also provides a quick overview on the lives of the first 6 practitioners of zen, their beliefs and practices and how to incorporate zen into your lifestyle. I find this book extremely informative.

What is Zen? I was thinking about it long time and thanks to the book now I know the answer. More then that now I know how to apply it to my life and reach inner peace. The book is for those who want to balance your body, mind and spirit. After reading the book I believe in Karma. Life became easier to me because my thinking has changed. Thanks to the author for the book.

Interesting information about the origin of zen and how to practice it. I also liked the tips on how to incorporate zen into your lifestyle and become more mindful. The part about meditation was quite intriguing as I am quite passionate about this subject.

This is a helpful book for beginners that want to learn more about Zen. It was interesting to learn about the history of Zen as it was first started by the original 6 practitioners. Miranda Johnson does a good job showing how I can incorporate Zen in my everyday life so I can be more calm and be in that Zen state.

Zen lifestyle will help to give you a new perspective on life and help become a much deeper and healthier person. If you are a begginner, the book explains what it is and how it will help you. This book is a short and easy read but it is good guide for those of us who wants to live a Zen life.

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