

ZEN MIND ZEN HORSE

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Zen Mind Zen Horse

"The horse as Zen master is the theme of this handsome,
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Zen Mind, Beginner's Mind

Zen Mind, Beginner's Mind Shunryu Suzuki (1905-1971)
Beginner's Mind "In the beginner's mind there are many possibilities, but in the expert's there are few." People say that practicing Zen is difficult, but there is a misunderstanding as to why. It is not difficult because it is hard to sit in the cross-legged position, or to attain enlightenment. It is difficult because it is hard to keep

Zen Mind, Zen Horse: The Fence Post

The fence post does succeed with the horse by strength but by patience. This exercise is proof of the power of that lesson. This exercise is proof of the power of that lesson.

Category

Zen Mind, Beginner's Mind Quotes by Shunryu Suzuki

In the beginner's mind there are many possibilities, but in the expert's there are few Shunryu Suzuki, Zen Mind, Beginner's Mind: Informal Talks on Zen Meditation and Practice

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In the thirty years since its original publication, Zen Mind, Beginner's Mind has become one of the great modern Zen classics, much beloved, much re-read, and much recommended as the best first book to read on Zen.