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create compositions that are more rare than famous classics if one does not knead one's character like fine clay one shapes up into a spineless hero maybe good looking but definitely not dependable cai gen tan caigentan or saikontan as it is known in japan is one of the most famous wisdom texts and a source of inspiration for the past few centuries rooted in wisdom traditions of china what is most appealing is the simplicity and ease of understanding it provides when compared to works like tao teh ching i ching analects and others that are a bit more difficult to understand time crunch of modern life makes this text as the ideal starting point to ponder on the treasures of eastern wisdom brief yet impactful these words hold the power to change the course of any individual's destiny who invests a little time deliberating over the words in this book if you find yourself reflecting about life home love work friendships loyalty and other complex subjects you will find hidden inside caigentan tremendous gems of wisdom to help you gain clarity very quickly read this book slowly and at a leisurely pace and watch how it unlocks your own insights into the enigma called life the highway of the world is wide even if a single thought of seeking satisfaction arises in you all phantoms of desires will leap at you and cause chaos stay relaxed as you address the temporary situations in the present moment and there will be no circumstance when you are not being yourself cai gen tan

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a comprehensive union of shiatsu massage with macrobiotic nutritional philosophy this practical guide to oriental ideas of health and healing includes an exercise program diagnostic techniques an illustrated guide to shiatsu massage and clear explanations of the concepts of ki energy and yin and yang 23 diagrams 404 photos

just as taking the path of zen is the definitive handbook for zen practice the essays gathered in original dwelling place are essential for the light they shed on aitken roshi s own journey and the effect he has had on american zen buddhism gathered here are essays about the zen texts aitken has studied with avidity and close attention throughout the years texts that were early and lasting influences in an opening section entitled ancestors aitken pays homage to the masters who influenced his own development and zen buddhism generally in other meditations robert aitken writes on political revolution and matters of ethics he helps illuminate the proper use of money power and sexual love in a modern world that is often tainted by materialism and decadence he reflects on death on marriage and on zen practice always pointing out the path to pleasure in the everyday dewdrop world

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