

Zen Practice, Zen Art: Furthur Explorations From The Way Of Zen By Alan W. Watts

By Alan W. Watts

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Description : Through explorations of the three pillars of Zen--teaching, practice, Description : Through explorations of the three pillars of Zen--teaching,

Zen practice is indeed simple, if not easy. Just practice being fully present, right here, Just practice being fully present, right here, right now.

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As Alan Watts once observed, "Zen unveils behind the there is an art in it perhaps as a way of underscoring the later Zen practice of establishing a

Currently Viewing The Three Pillars of Zen: Teaching, Practice, and Enlightenment (Revised) Pub. Date: 2/28/1989 Publisher: Knopf Doubleday Publishing Group

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