

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

By Alan W. Watts

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Alan Watts is author of Ice The Spirit of Zen: A Way of Life, Work and Art in the Far East Zen Practice, Zen Art: Furthur Explorations from the Way of

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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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