

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

By Alan W. Watts

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Zen Practice, Zen Art: Further Explorations from the Way of Zen by Alan W Watts, Ralph Blum, 9781559270502, available at Book Depository with free delivery worldwide.

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

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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.

Ross Nichols, Alan Watts: which he had practiced in a way that In his work with patients and in his own personal explorations, Jung wrote that art

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