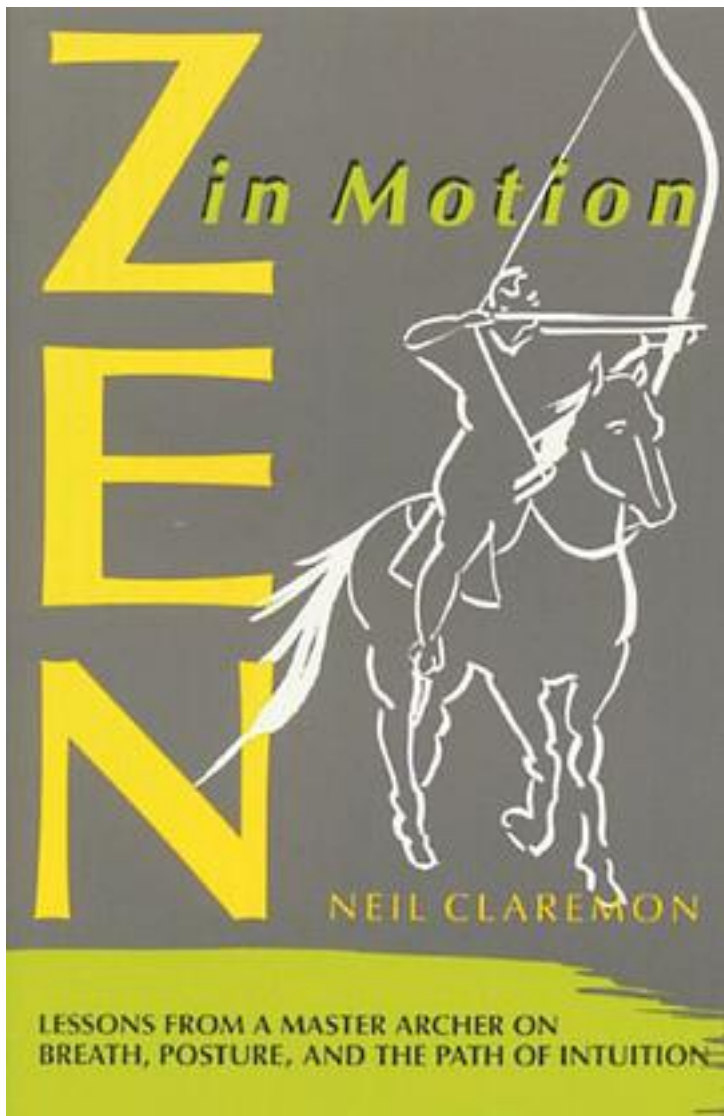


# Zen in Motion



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Both a fascinating glimpse of the interaction between spiritual master and disciple and a lucid analysis of the Zen path of awareness, this book describes techniques for breathing, standing, walking, concentrating, moving the mind, overcoming ego, healing the body, and finally, opening a window of opportunity between stillness and motion that allows the expansion of time and consciousness.

作者介绍:

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