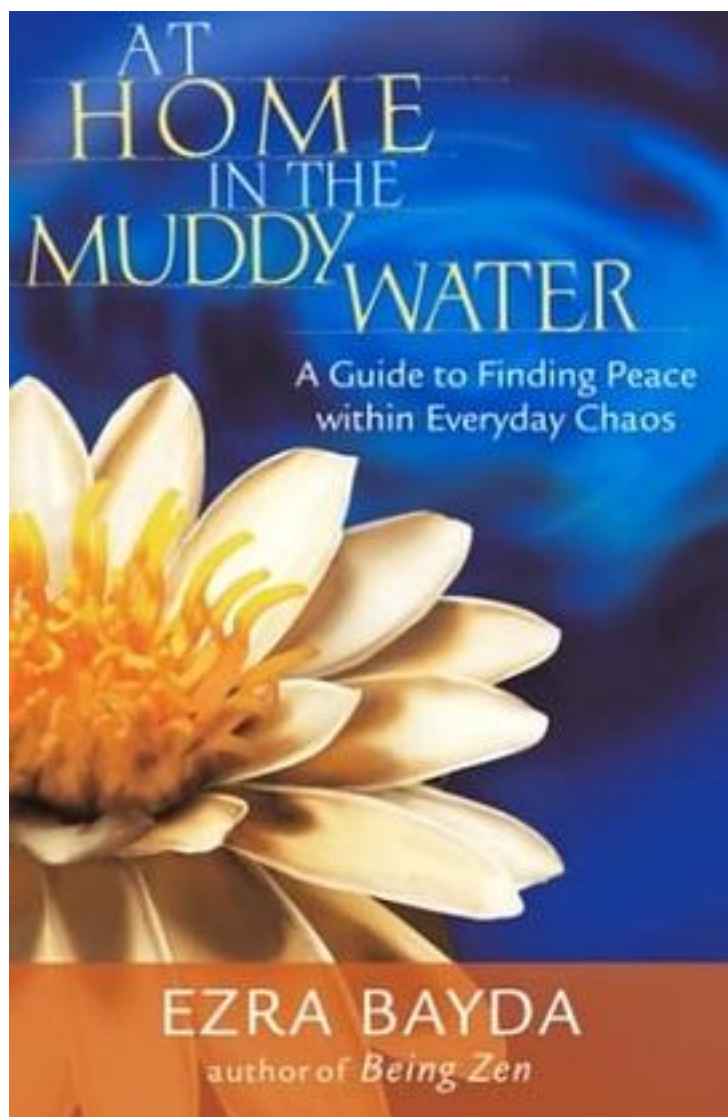


# At Home in the Muddy Water



[At Home in the Muddy Water\\_ 下载链接1](#)

著者:Ezra Bayda

出版者:Shambhala

出版时间:2004-11-09

装帧:Paperback

isbn:9781590301685

May we exist like a lotus, / At home in the muddy water. / Thus we bow to life as it is.

This verse is an important reminder, says Ezra Bayda, of what the spiritual life is truly about: the willingness to open ourselves to whatever life presents—no matter how messy or complicated. And through that willingness to be open, we can discover wisdom, compassion, and the genuine life we all want. In *At Home in the Muddy Water*, Bayda applies this simple Zen teaching to a range of everyday concerns—including relationships, trust, sexuality, and money—showing that everything we need to practice is right here before us, and that peace and fulfillment is available to everyone, right here, right now, no matter what their circumstances.

作者介绍:

目录:

[At Home in the Muddy Water\\_ 下载链接1\\_](#)

标签

修行-宗教-心理

评论

-----  
[At Home in the Muddy Water\\_ 下载链接1\\_](#)

书评

-----

[At Home in the Muddy Water 下载链接1](#)