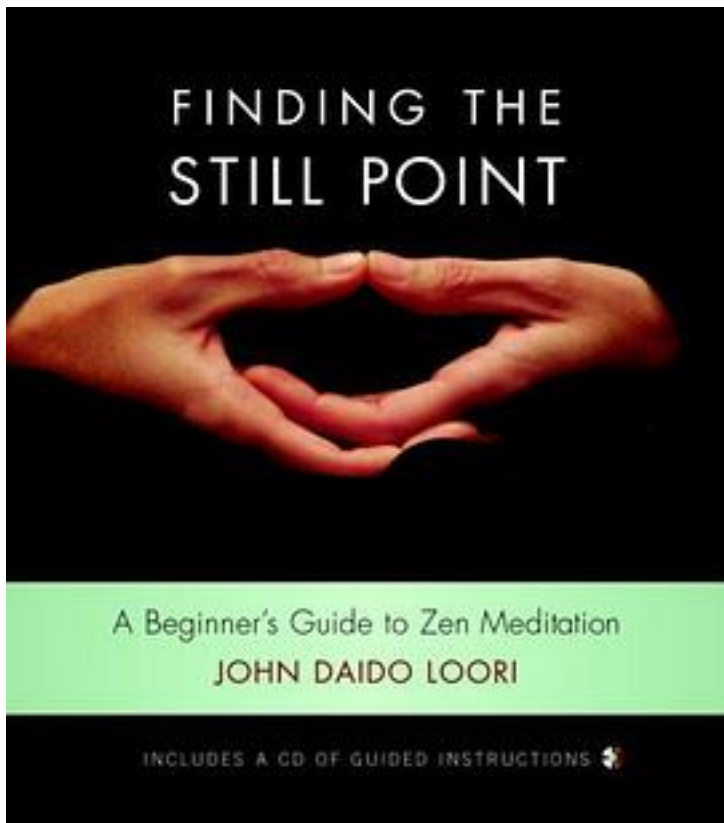


finding the still point



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Through Zen meditation it is possible to find stillness of mind, even amidst our everyday activities—and this practical book-and-CD set reveals how. John Daido Looori, one of America's leading Zen teachers, offers everything needed to begin a meditation practice. He covers the basics of where to sit (on a cushion, bench, or chair), how to posture the body (complete with instructional photographs), and how to practice Zen meditation to discover the freedom of a peaceful mind.

The accompanying CD is a meditation companion. It has ten- and thirty-minute timed practice sessions, along with guided instructions from Daido Loori and an encouraging talk on the benefits of meditation.

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作者介绍:

A Beginner's Guide to Zen Meditation (Dharma Communications)

by John Daido Loori

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