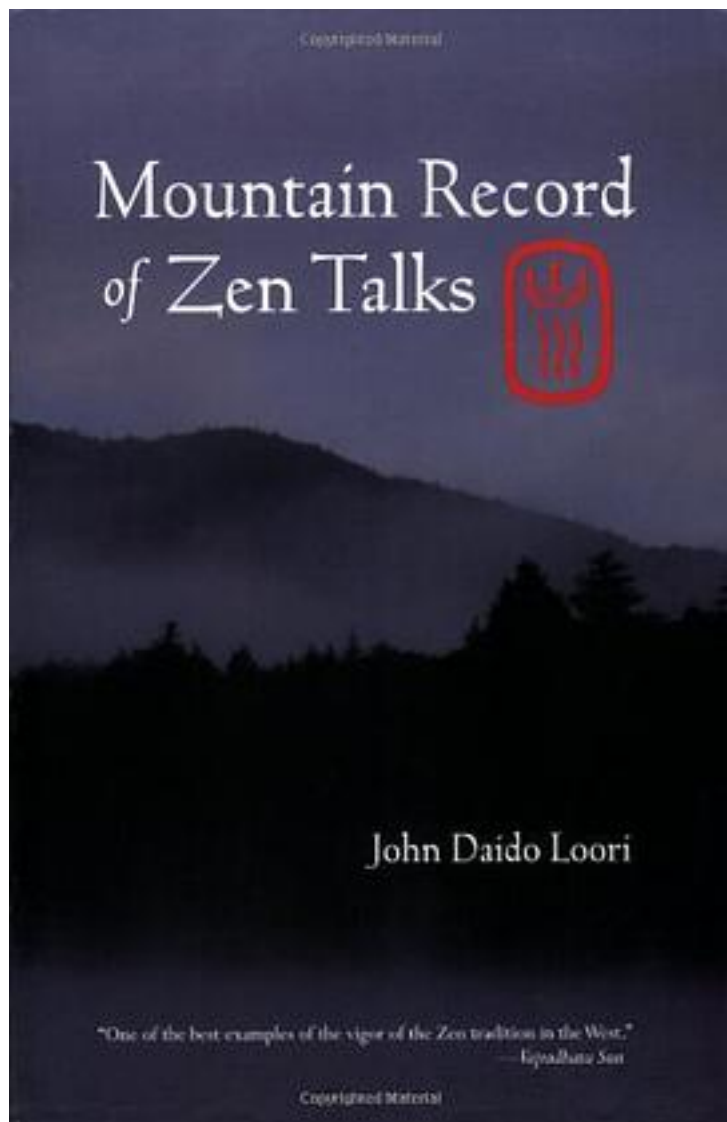


Mountain Record of Zen Talks



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In this treasury of Zen wisdom based on his talks, the abbot of Zen Mountain Monastery in Mt. Tremper, New York, explores the eight areas of study that are the focus for training in his community: meditation, study with the teacher, liturgy, art practice, body practice, the study of scriptures, work practice, and the moral and ethical teachings. John Daido Looi also covers such topics as koans, the martial arts, and illness and healing, and he makes intriguing observations about the spirit and requirements of Zen in America.

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