

BEING ZEN: BRINGING MEDITATION TO LIFE

Amber Fantozzi

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BEING ZEN: Bringing Meditation to Life. Ezra Bayda, Author, Charlotte Joko Beck , Foreword by. Shambhala \$ (p) ISBN.

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Available in the National Library of Australia collection. Author: Bayda, Ezra; Format: Book; xiv, p. ; 23 cm.

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So that there is a space between the experience and the reaction. He has a gift for describing 'ordinary mind,' or the customary thoughts, feelings, and experiences of everyday life. Of particular value for me was the chapter on practicing with anger, a masterful explication of this intensely negative emotion as the natural outcome of our unwillingness to be with things as they are. The listing you're looking for has ended. It is a wonderful addition to any mindfulness library. Annotation We can use whatever life presents, Ezra Bayda teaches, to strengthen our spiritual practice—including the turmoil of daily life. We use cookies to offer you a better browsing experience.

He deserves membership in the ranks of respected meditation teacher-author is a recognized teacher in the Ordinary Mind Zen School founded by Charlotte Joko Beck who provides the foreword and he has a gift for describing that "ordinary mind," or the customary thoughts, feelings and experiences of everyday life. Grounded in fundamentals, hammers the basic message home using day to day examples.