

zen training methods and philosophy shambhala classics - *zen training is a comprehensive handbook for zazen seated meditation practice and an authoritative presentation of the zen path the book marked a turning point in zen literature in its critical reevaluation of the enlightenment experience which the author believes has often been emphasized at the expense of other important aspects of zen training*, **dummett michael internet encyclopedia of philosophy** - *michael dummett 1925 2011 michael dummett was one of the most influential british philosophers of his generation his philosophical reputation is based partly on his studies of the history of analytical philosophy and partly on his own contributions to the philosophical study of logic language mathematics and metaphysics the article deals first with the historical work then with his on*, **the philosophy of tai chi chuan wisdom from confucius** - *the philosophy of tai chi chuan wisdom from confucius lao tzu and other great thinkers freya boedicker martin boedicker on amazon com free shipping on qualifying offers the essence of tai chi chuan lies in the rich philosophy of ancient china while most tai chi practitioners are aware of the value that studying chinese philosophy can bring to their practice*

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