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ZEN: Everything You Need To Know About Forming Zen Habits

part I have gleaned from different books on Zen and zazen practice by other Zen teachers of both old and recent times, and also from the Buddhist Scriptures (Sutras and Sastras). So, it might be said that nothing here is my own.

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Zen to Done is a relatively short E-Book that I encourage you to download and read in full if you are interested! About the author Leo Babauta is an author and blogger.

Zen to Done by Leo Babauta | Book Summary and PDF

All you need to know about Zen. *kusen given by Master Zeisler in Enköping, Sweden, 15th, April 1987.

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