



# **Zen Buddhism: How Zen Buddhism Can Create A Life of Peace, Happiness and Inspiration (Zen Buddhism for Beginners, Zen, Zen Books)**

*Sara Elliott Price*

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## **Zen Buddhism Can Give You More Peace, Focus And Happiness Than You Ever Thought Possible!**

Have you ever wondered about the meaning of life, felt lost and confused, or simply felt depressed and cynical about how crazy the world has become? Perhaps you want to know how to always feel peace in your heart or learn to live a highly focused life that can create an abundance of happiness?

A lot of people face such questions at least once in their life, and Zen Buddhism is a great way to find guidance. To answer these questions people have wandered into religion, philosophy, and spirituality. There are thousands of different traditions in the world, that all try to answer these same basic questions that have haunted human beings for thousands of years.

Zen Buddhism is one out of the many spiritual ways of looking at life, but it is unique among the rest as it doesn't try to directly answer these questions.

## **Zen Focuses On Mindfulness And Experiencing True Enlightenment...**

It says that logic and reason can't be used to answer these questions about our purpose here on earth. Instead our connection to the universe can only be experienced first hand by sitting and meditating and learning to stay present in the moment.

*“Flow with whatever may happen, and let your mind be free: Stay centered by accepting whatever you are doing. This is the ultimate.” - Zhuangzi*

Zen Buddhism has inspired and intrigued the logical western mind for hundreds of years. Slowly it has become very popular with the lay practitioners because of a lack of religious dogmas, rituals and an ease of practice that is unique to Zen Buddhism. Although Zen defies a logical definition, in this book you'll learn all about Zen and how you can apply it to your life.

## Here's A Preview Of What You'll Discover...

- ==>The history of Zen Buddhism
- ==>How Zen can improve every area of your life
- ==>Why it's not possible to logically "understand" Zen
- ==>The concepts used in Zen Buddhism
- ==>How to practice Zazen or sitting meditation
- ==>Where to find a Zen Teacher to continue your learning
- ==>How to use art to practice Zen Buddhism
- ==>How to apply the principles of Zen Buddhism in your daily life
- ==>Plus, so much more...

As far as philosophies and spiritual traditions go, Zen Buddhism is the most paradoxical because it is not easy to understand through words but at the same time it is the easiest to practice. And if you practice Zen Buddhism, you'll 'see' what Zen is all about and it will help you erase all questions and doubts and live a peaceful and meaningful life.

Experience the peace and happiness that practicing Zen Buddhism can bring to your life!

## Are You Ready To Get Started?

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