

Download Koans: The Lessons Of Zen (box Of Zen)

To the Zen, practice is more important than Philosophy and theoretical discourse, the proverbial proof in the metaphorical pudding. Indeed, the stock defense to all reasoned criticism of the Zen, is that clearly the critic has not practiced, and thus remains bereft of direct Empirical knowledge thereupon. Guilty as charged! But is this not the proverbial cart before the metaphorical horse? Way of the Short Staff Self-Defense Arts and Fitness Exercises Using a Short Wooden Staff Cane, Walking Stick, Jo, Zhang, Guai Gun, Four Foot Staff, Hiking Staff Whip ... This may be an embellished story of the creation of jujutsu, as the oral tradition of Shintō Musō-ryū is the only mention of this second duel, or for that matter, a person defeating Musashi in combat. This site is about seeing through the illusion of separation and waking up to the boundless wholeness that is all there is. Joan Tollifson has an affinity with Advaita, Zen Buddhism and radical nonduality but has her own unique and original expression. She points to the simplicity of what is, as it is -- the ever-present, ever-changing seamlessness of being.