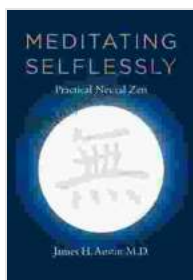


Meditating Selflessly: Practical Neural Zen

Meditation is a powerful tool that can help us to improve our mental and physical health, reduce stress, and increase our overall well-being.

However, many people find meditation difficult to practice, and they give up before they experience any benefits.



Meditating Selflessly: Practical Neural Zen by James H. Austin

★★★★☆ 4.1 out of 5

Language	: English
File size	: 1719 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 262 pages



Meditating Selflessly is a practical guide to Zen meditation that teaches readers how to overcome the obstacles to meditation and achieve a state of selfless awareness. The book is written by John Daishin Buksbazen, a Zen master and teacher with over 40 years of experience.

In Meditating Selflessly, Buksbazen explains the basics of Zen meditation, including how to sit, breathe, and focus your attention. He also provides instructions for a variety of meditation exercises, such as mindfulness meditation, body scan meditation, and loving-kindness meditation.

Buksbazen emphasizes the importance of selflessness in meditation. He teaches that when we meditate, we should let go of our ego and attachments and focus on the present moment. This allows us to experience a deeper level of awareness and compassion.

Meditating Selflessly is a valuable resource for anyone who is interested in learning more about Zen meditation. The book is clear, concise, and practical, and it provides a wealth of information on how to meditate effectively.

Benefits of Meditating Selflessly

There are many benefits to meditating selflessly, including:

- Reduced stress and anxiety
- Improved mental clarity and focus
- Increased self-awareness and compassion
- Improved physical health
- Increased spiritual growth

If you are looking for a way to improve your mental and physical health, reduce stress, and increase your overall well-being, then meditating selflessly is a great option. Meditating Selflessly is a practical guide that will teach you how to meditate effectively and experience the many benefits of this ancient practice.

About the Author

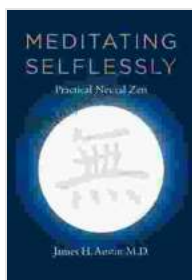
John Daishin Buksbazen is a Zen master and teacher with over 40 years of experience. He is the abbot of the Zen Mountain Center in Los Angeles, and he has taught Zen meditation to thousands of people around the world.

Buksbazen is the author of several books on Zen meditation, including *Meditating Selflessly*, *The Zen Commandments*, and *The Essential Zen Reader*. He is also a regular contributor to Zen magazines and journals.

Buksbazen is a gifted teacher who has a deep understanding of Zen meditation. He is able to explain complex concepts in a clear and concise way, and he provides practical instructions that can help anyone to learn how to meditate effectively.

Free Download Your Copy Today

Meditating Selflessly is available now from Our Book Library and other online retailers. Free Download your copy today and start experiencing the benefits of this ancient practice.



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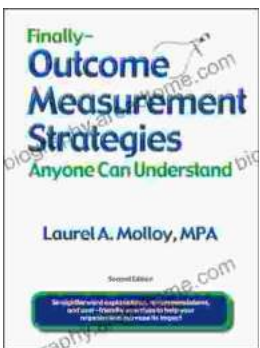
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