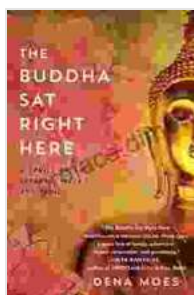


Discover the Profound Teachings of Zen in "The Buddha Sat Right Here"

In a world where our minds are constantly racing and our attention is fragmented, "The Buddha Sat Right Here" offers an oasis of stillness and insight. This remarkable book invites us to slow down, observe the present moment, and uncover the hidden teachings that lie within our everyday experiences.



The Buddha Sat Right Here: A Family Odyssey Through India and Nepal by Dena Moes

★★★★☆ 4.9 out of 5

Language : English
File size : 6249 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 273 pages



Drawing from the ancient wisdom of Zen Buddhism, author Mark Epstein weaves together personal anecdotes, profound teachings, and practical exercises to guide us on a transformative journey of self-discovery. Through accessible language and compelling stories, Epstein reveals the profound teachings embedded in our daily lives, showing us how to:

- Cultivate mindfulness and live in the present moment
- Overcome negative emotions and develop inner peace

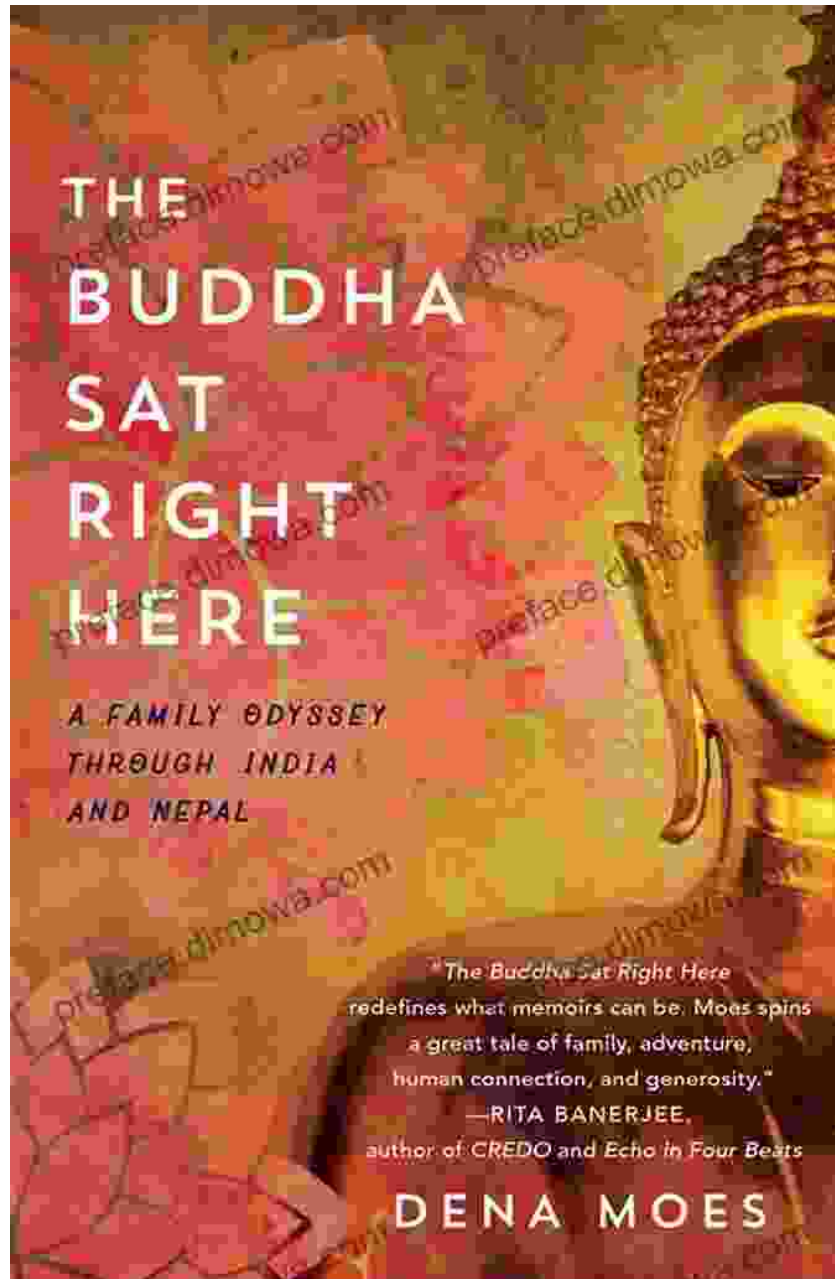
- Break free from the cycle of suffering and find lasting happiness
- Connect with our true nature and experience enlightenment

With each chapter, Epstein delves into different aspects of the Zen experience, from the importance of meditation to the transformative power of compassion. Along the way, he shares insights from renowned Zen masters and offers practical techniques that we can apply to our own lives.

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- Thich Nhat Hanh, author of "The Miracle of Mindfulness"

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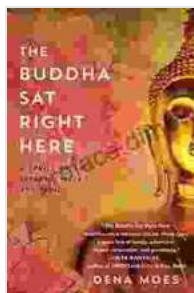


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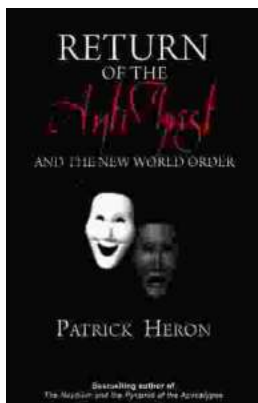


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