



Nothing Holy about It: The Zen of Being Just Who You Are

By Tim Burkett

Audible Studios on Brilliance, United States, 2015. CD-Audio. Book Condition: New. Unabridged. 170 x 137 mm. Language: English . Brand New. According to legend, when the founder of Zen Buddhism was asked about the main principle of his holy teaching, he replied that there was nothing holy about it! Now, a millennium and a half later, Tim Burkett reveals how and why the wisdom of nonholiness is the key to a joyful heart. You don't need to go looking for something sacred; the happiness you seek is right where you are. In this book, a concise summary of Zen teachings unfolds within the ordinary comedies and tragedies of everyday life, beginning with the delightful nonholiness Burkett experienced in the presence of his original teacher, Shunryu Suzuki.



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Reviews

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