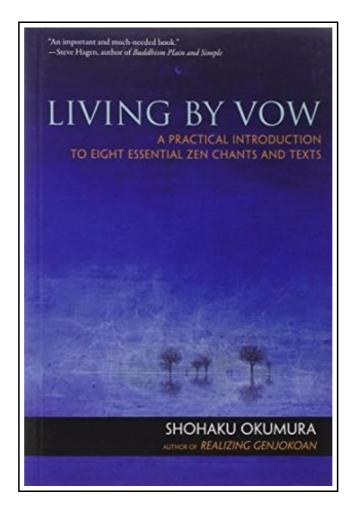
# Living by Vow: a Practical Introduction to Eight Essential Zen Chants and Texts (Paperback)



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### Reviews

Here is the best publication i have got go through until now. It is actually writter in simple phrases and never hard to understand. I realized this publication from my dad and i suggested this ebook to find out.

(Lorena White)

# LIVING BY VOW: A PRACTICAL INTRODUCTION TO EIGHT ESSENTIAL ZEN CHANTS AND TEXTS (PAPERBACK)



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Wisdom Publications,U.S., United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English. Brand New Book. This immensely useful book explores Zen's rich tradition of chanted liturgy and the powerful ways that such chants support meditation, expressing and helping us truly uphold our heartfelt vows to live a life of freedom and compassion. Exploring eight of Zen's most essential and universal liturgical texts, Living by Vow is a handbook to walking the Zen path, and Shohaku Okumura guides us like an old friend, speaking clearly and directly of the personal meaning and implications of these chants, generously using his experiences to illustrate their practical significance. A scholar of Buddhist literature, he masterfully uncovers the subtle, intricate web of culture and history that permeate these great texts. Esoteric or challenging terms take on vivid, personal meaning, and old familiar phrases gain new poetic resonance.

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