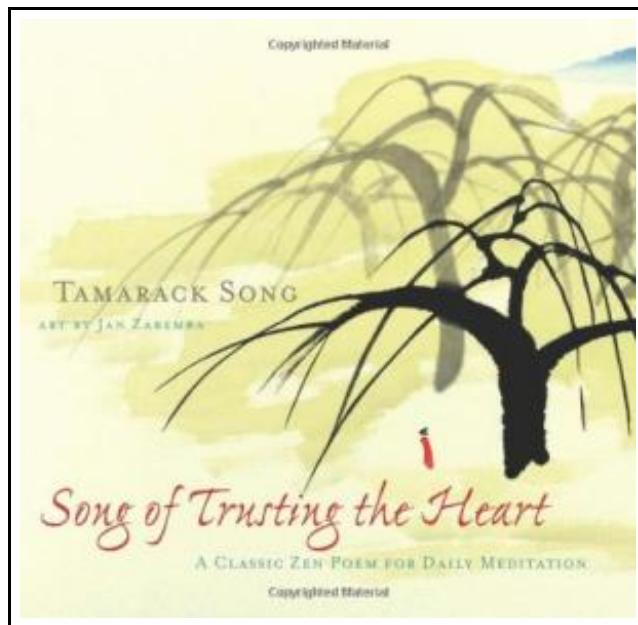


Song of Trusting the Heart: A Classic Zen Poem for Daily Meditation



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Reviews

It is a of the best book. Indeed, it really is play, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Sofia Yundt)

SONG OF TRUSTING THE HEART: A CLASSIC ZEN POEM FOR DAILY MEDITATION

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Sentient Publications. Paperback. Book Condition: new. BRAND NEW, Song of Trusting the Heart: A Classic Zen Poem for Daily Meditation, Tamarack Song, Zen masters say only one thing matters in life - the now, and only one thing matters at death - a peaceful heart. The way to achieve both is vibrantly expressed in the poem "Song of Trusting the Heart" (also known as "Hsin Hsin Ming" or "Faith Mind Inscription"), an ancient Chinese scripture beloved by sages and considered a cornerstone of Zen Buddhism. Written in the 6th century by Jianzhi Sengcan - the third Zen patriarch of China - the poem inspires its readers to experience life without the burdens of attachments and judgements, however the few existing translations are either dated or weighed down with commentary. Tamarack Song, a student of nature and indigenous cultures, adapts these verses to the modern seeker, while staying faithful to the poem's original phrasing. Each stanza is embellished with a striking full-page, original illustration by the Japanese brush-painting master Jan Zaremba. The book starts with a brief introduction to Zen, exploring its obscure origins, then offers one verse for each day of the lunar month. This beautiful little volume will become a daily meditation guide for those looking for refinement and peace in our modern world.

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