by Kobutsu Malone

◆ A description of Zen practice for the outside observer, detailing practices, implements, ritual, regalia, tradition, dietary customs, and a wealth of information not found elsewhere.

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◆ Paper, 88 pp. with photos, 5 ¾ x 8 ¼

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“Zen Buddhism is an open tradition, in that anyone is welcome to practice it. No declaration of faith or statement of conversion is required to practice Zen. No modification of beliefs or religious affiliations is required, since there is no dogma or belief involved in Zen. The only requirement for Zen practice is that the individual agrees to conduct himself in accordance with the training rules during formal sitting meditation (zazen) practice.”

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◆ The book includes the “Guidlines for Faith Communities’ Dietary Standards” for vegetarian and vegan diets developed by the Correctional Service of Canada.