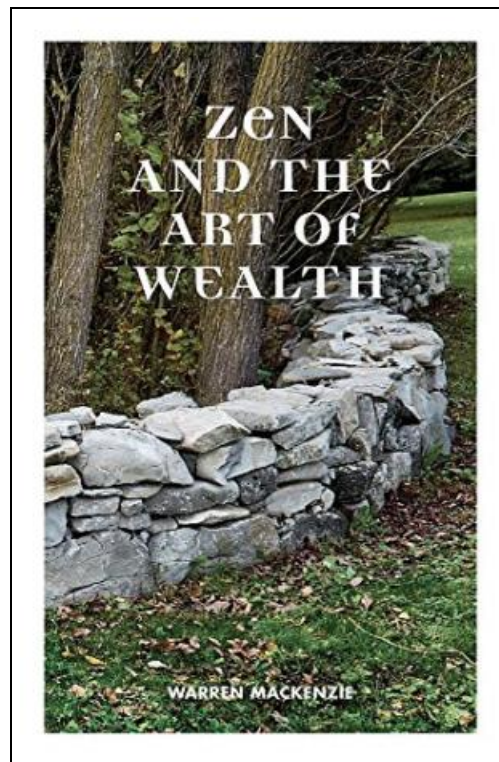


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Reviews

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Kinetics Design, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Alex and Dave have been friends for over 50 years and the discussion takes place over a weekend get together at Alex s farm. Alex is an investment advisor and a lifelong student of Zen and Dave is a once successful businessman who is now facing bankruptcy. While working together building a drystone wall, Alex gives his friend Dave an introduction to the philosophy of Zen, and in the process, helps him deal with a serious financial problem. Usually individuals become interested in Zen because they hope this philosophy may lead to greater happiness. They expect this to happen as they gain a better understanding of their life, their purpose, and who they really are. In this case Dave becomes interested in understanding more about Zen because he discovers that in his true essence he is much more than the idea he has of himself as a failed businessman. AN INTRODUCTION TO ZEN PHILOSOPHY Zen philosophy can be traced back to India, where, 2500 years ago, the practice of Zen was seen as a way to reduce suffering. Much has changed in the world in the past 2,500 years but the source of suffering is still the same. It doesn t matter whether the desire is for world peace, better health, more money or a healthier environment - the source of all unhappiness is unfilled desire - and this desire is always associated with one of the changing ideas we hold of ourselves. We live in a world of ideas and we entertain many different ideas of who we are as we see ourselves in different ways and in different roles. We may describe our self according to the work we do, i.e.,...



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