



The Heart of Being: Moral and Ethical Teachings of Zen Buddhism

John Daido Looi

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Heart of Being is the most comprehensive book available on the moral and ethical teachings of Zen Buddhism. A standard training guide for Zen students approaching jukai, the ceremony of formally taking the precepts as one's life, this book is a rich offering for a morally ailing planet. These teachings accent the relationship between practicing the Buddhist precepts and cultivating the enlightened mind. Daido Roshi explores how the precepts serve as a compass to navigate the difficult and often overwhelming dilemmas of our lives.

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