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ESSENTIAL OIL

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(Lavandin Grosso)

REGION

France/Bulgaria

- Known as the most versatile essential oil
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- Dilute in a carrier oil at 2% dilution for skin (about 36 drops per 1 oz carrier)
- Use 5-15 drops in a diffuser for relaxation. (Start with 5 and add more as needed.)



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Relax



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1 fl. oz. (30mL)

Zen Essence

University of Toronto



Zen Essence:

Zen Essence Thomas Cleary, 2000-05-02 Drawn from the records of Chinese Zen masters of the Tang and Song dynasties this collection may surprise some readers In contrast to the popular image of Zen as an authoritarian monastic tradition deeply rooted in Asian culture these passages portray Zen as remarkably flexible adaptive to contemporary and individual needs and transcending cultural boundaries The readings contained in *Zen Essence* emphasize that the practice of Zen requires consciousness alone and does not depend on a background in Zen Buddhism and Asian culture The true essence of Zen resides in the relationship between mind and culture whatever that culture might be This unique collection of writings creates a picture of Zen not as a religion or philosophy but as a practical science of freedom *Rethinking Meditation* David L. McMahan, 2023 Mindfulness practices derived from Buddhist sources have become ubiquitous Meditation teachers will sometimes say that this is the same practice that the Buddha taught over 2500 years ago David McMahan shows that the standard articulation of mindfulness is rather a distillation of particular strands of Buddhist thought that have combined with western ideas to create a unique practice tailored to modern life *Rethinking Meditation* asks how and why these practices coalesced into the version we have today *The Way of Wonder* Jack Haas, 2002 This is a groundbreaking exploration of the mystery of existence in that it both assimilates many divergent paths showing how these proceed toward the same hallowed destination wonder and also by preparing the reader to walk along this way There are over two hundred and fifty individuals quoted in this work from many disparate cultures epochs and paths Though scholarly in nature the book is intended to be inspirational and is accessible to a vast range of readers This is a book devoted to the miracle awe and beauty in all life It is a book about the rapture of unknowing *The Secrets of Tantric Buddhism* Thomas Cleary, 2015-02 Unlocking the secrets of Tantra one of the most alluring forms of Buddhism Often misunderstood Tantrism focuses on a particular style of meditation and ritual Having far more to do with the sacred than the sexual Tantric Buddhism is believed to have originated around the 5th Century AD in the rich cultural basin of Bengal and spread throughout the Asian world Today it is widely practiced in Tibet Japan and the West *The Secrets of Tantric Buddhism* presents accessible translations of 46 classic texts found in the *Carya Giti* a collection of teachings by more than twenty famous Siddhas or Tantric adepts who lived during the illustrious Pala dynasty of the 10th and 11th centuries Renowned translator and scholar Thomas Cleary unlocks the mysteries of these texts and provides commentary for each that explains the ancient teachings in a way that makes them seem fresh and contemporary These teachings emanate from one of the most dynamic sources of Buddhism at the height of its religious development They are completely nonsectarian and will be greeted enthusiastically by those interested in spirituality world religions and classic Buddhism **Chanoyu Quarterly** ,1990 A journal devoted to the Japanese tea ceremony and the arts of Japan **The Young East** ,1925 *The Theosophist* ,1909 *The New East* ,1918 **Isis** ,1937 *Buddhist India* ,1927 *An Introduction to the Study of Chinese Painting* Arthur Waley, 1923 *Art in America* Frank Jewett

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