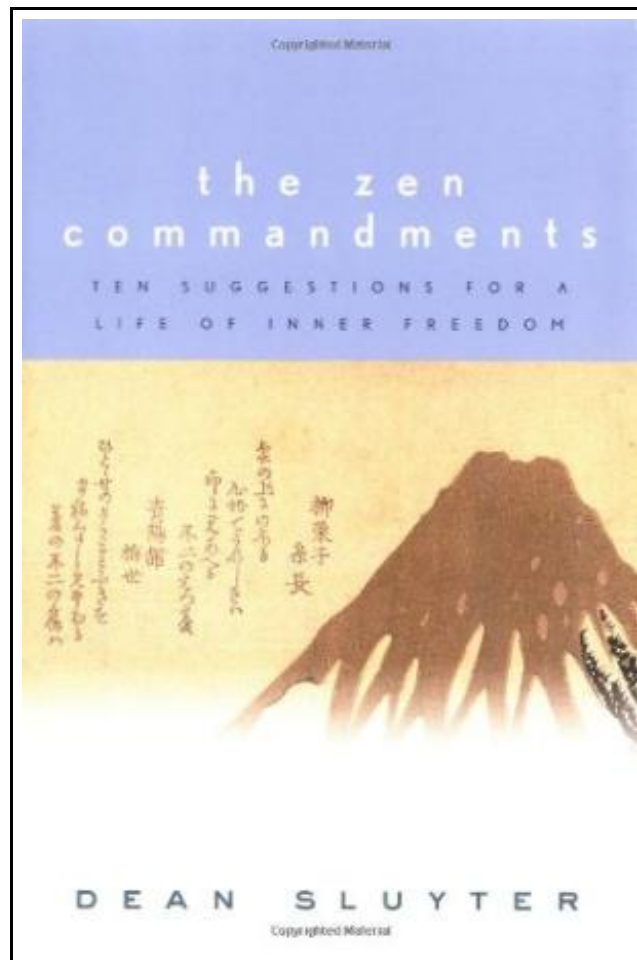


The Zen Commandments: Ten Suggestions for a Life of Inner Freedom



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THE ZEN COMMANDMENTS: TEN SUGGESTIONS FOR A LIFE OF INNER FREEDOM



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Penguin Putnam Inc. Paperback / softback. Book Condition: new. BRAND NEW, The Zen Commandments: Ten Suggestions for a Life of Inner Freedom, Dean Sluyter, Maggy Sluyter, Maggy Sluyter, The Ten Commandments, like the edicts of all great religions, are an impeccable guide to right behavior. But they don't say much about the inner awareness from which outer behavior springs. Do the right thing, of course -- but better yet, find your inner light and doing the right thing will come as naturally as breathing. In The Ten Suggestions, meditation teacher Dean Sluyter gives us ten gentle nudges toward that light -- ten ways to dramatically transform our lives by subtly shifting our moment-to-moment experience. Writing for spiritual novices and old hands alike, Sluyter takes a simple, practical approach, free of dogma and jargon. He shows that the enlightened state of boundless freedom and happiness is not something distant or exotic, but can be found right here, while you're stuck in traffic or taking out the trash. In his fresh, lively style, he draws on many sources: from jazz and rock 'n roll to the Bible, from fairy tales to Postimpressionist painting, from American movies to the inner liberation technologies of Tibet. In The Ten Suggestions, Sluyter reveals that the Ten Commandments can serve as a powerful model for discovering the inner truths that will enlighten and enrich our lives.



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