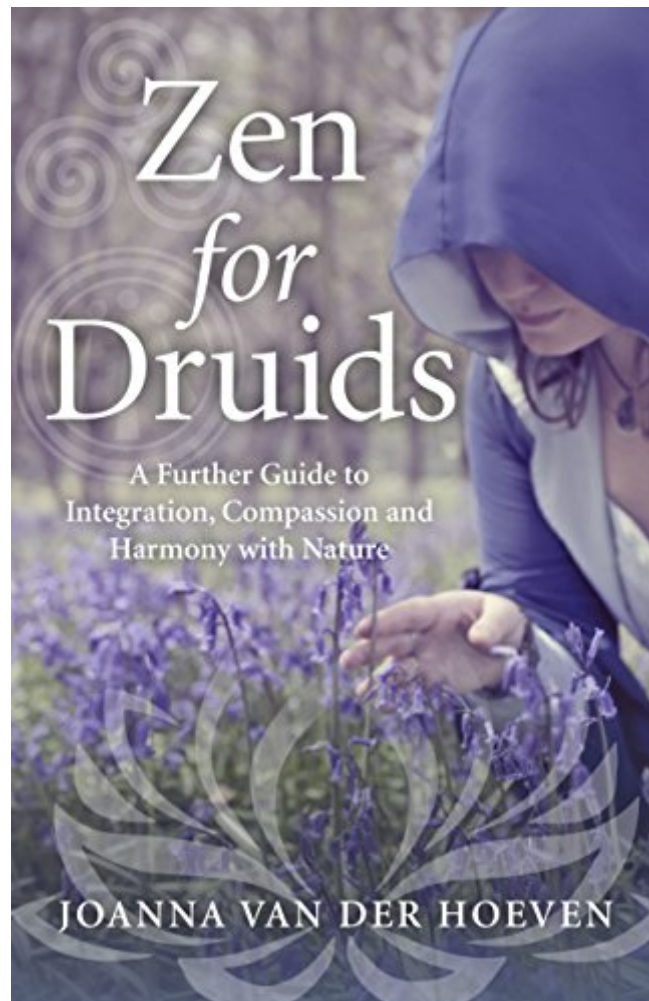


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Zen For Druids: A Further Guide To Integration, Compassion And Harmony With Nature



Synopsis

The teachings of Zen Buddhism combined with the earth-based tradition of Druidry can create a holistic way of life that is deeply integrated with the seasons, the environment and the present moment. In soul-deep relationship we can use the techniques and wisdom from both traditions to find balance and harmony within our own lives. In this text we explore the concepts of the Dharma (the Buddha's teachings) and how they relate to the wisdom of the Druid tradition. We also look at the Wheel of the Year in modern Druidry with regards to the Dharma, incorporating the teachings into every seasonal festival in an all-encompassing celebration of nature. We explore meditation, mindfulness, animism and integration with nature, learning how to find sustainable relationship in the work that we do, opening our souls to the here and now and seeing the beauty and wonder that enchants our lives in every waking moment. Step into a new life, fully awake and aware to the beauty of the natural world.

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