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Those who can sit perfectly
physically usually take more time
to obtain the true way of Zen, the

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actual feeling of Zen, the marrow of Zen. But those who find great difficulties in practicing Zen will find more meaning in it. So I think that sometimes the best horse may be the worst horse, and the worst horse can be the best one.

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by allowing horses to be our guides. This beautiful testament to the power and magic of equine energy captures the soul of a horse perfectly.

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Combining brain science, horse sense, and fine storytelling, this spiritual handbook points toward a special and completely real form of enlightenment. (Andrew Weil, MD, Author, *Eight Weeks to Optimum Health*) Zen Mind, Zen Horse is far more than a book about how to

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Zen is not the practice to be the best horse. If you think so -- if you understand Zen as a kind of practice to be a best horse you will have a problem -- big problem.

That is not the right understanding of Zen. Actually, if you practice

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right Zen, whether you are the
best horse or worst one doesn't
matter.

Ton Md Allan J Storey

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Zen Mind, Zen Horse recently won
the 2012 Gold Nautilus Award for

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spiritual non-fiction in the
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Hamilton's first book, The Scalpel
& The Soul, won the Silver
Nautilus Award in 2009. The
award's been won in the past by
His Holiness the Dalai Lama,
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