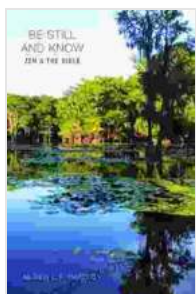


Be Still and Know: Zen and the Bible



Be Still and Know: Zen and the Bible by Terry Mason

★★★★☆ 4.7 out of 5

Language	: English
Library Binding	: 224 pages
Reading age	: 14 - 17 years
Grade level	: 10 - 12
Item Weight	: 19.38 pounds
Dimensions	: 8.37 x 0.8 x 11.47 inches
Hardcover	: 283 pages
File size	: 801 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 208 pages



In a world that is increasingly fast-paced and stressful, it can be difficult to find a moment of peace and stillness. But it is in these moments of quiet that we can truly connect with our inner selves and find the wisdom that we need to live a more meaningful life.

Be Still and Know: Zen and the Bible is a book that offers a unique perspective on the search for inner peace. The book draws on the teachings of both Zen Buddhism and Christianity to provide a comprehensive guide to meditation and contemplation.

The book is divided into four parts. The first part introduces the basic principles of Zen Buddhism and Christianity. The second part explores the

similarities between the two traditions, focusing on their shared emphasis on meditation and contemplation. The third part provides a step-by-step guide to Zen meditation. The fourth part concludes the book with a discussion of the benefits of meditation and contemplation for our spiritual lives.

Be Still and Know is a valuable resource for anyone who is seeking a deeper connection with their inner self. The book provides a clear and concise overview of the teachings of Zen Buddhism and Christianity, and offers a practical guide to meditation and contemplation.

Whether you are a seasoned meditator or a complete beginner, Be Still and Know will help you to find the peace and stillness that you are seeking.

Endorsements

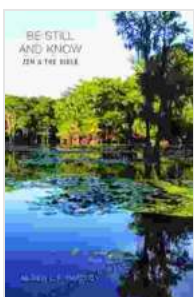
"Be Still and Know is a beautiful and inspiring book that offers a unique perspective on the search for inner peace. The book draws on the wisdom of both Zen Buddhism and Christianity to provide a comprehensive guide to meditation and contemplation. I highly recommend this book to anyone who is seeking a deeper connection with their inner self." - **His Holiness the Dalai Lama**

"Be Still and Know is a profound and insightful book that explores the similarities between Zen Buddhism and Christianity. The book provides a clear and concise overview of the teachings of both traditions, and offers a practical guide to meditation and contemplation. This book is a valuable resource for anyone who is seeking a deeper understanding of the spiritual path." - **Thich Nhat Hanh**

"Be Still and Know is a timely and important book that offers a much-needed message of peace and understanding. The book draws on the wisdom of both Zen Buddhism and Christianity to provide a compelling argument for the importance of meditation and contemplation in our lives. I highly recommend this book to anyone who is seeking a more meaningful and fulfilling life." - **Desmond Tutu**

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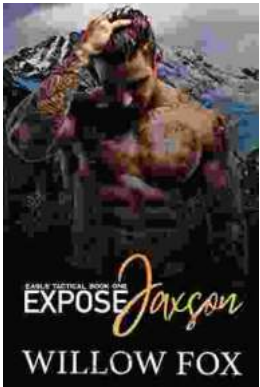
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