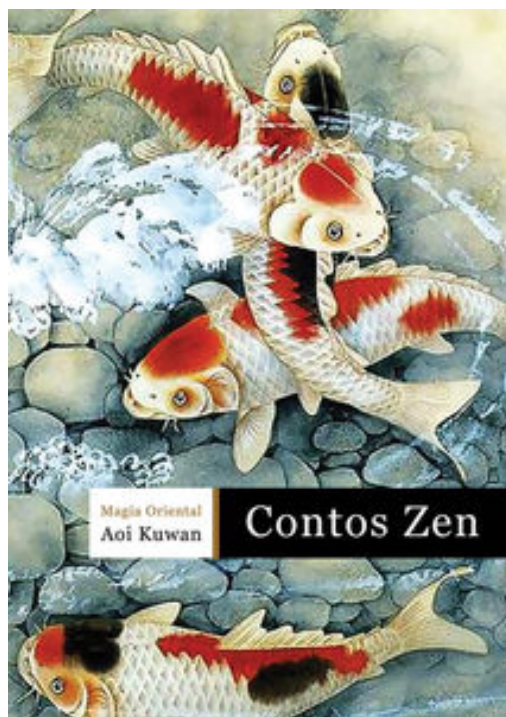


# Baixar Livros Gratuitos Contos Zen (PDF|ePub|Mobi|Mp3|Txt) Aoi Kuwan Amor



**Baixar livros gratuitos Contos Zen (PDF|ePub|Mobi|Mp3|Txt) Aoi Kuwan amor**, Vindo da China e criando raízes no Japão, o Zen é um método de encaminhar o homem para a budeidade, isto é, provocar a tomada de consciência da sua natureza de buda. Para tanto, duas são as formas de se alcançar a iluminação propostas pelo Zen: o zazen, a meditação em posição imóvel; e o koan, os famosos contos zen. Destruindo a forma intelectual, eliminando a razão e o raciocínio através das parábolas e anedotas, os contos zen visam atingir o espírito do discípulo, ajudando-o a passar da reflexão ao domínio do indescritível, convencendo-o da inutilidade e do caráter ilusório do mundo lógico, fazendo com que ele se torne, por fim, a sua própria vida. Este livro é para aqueles que buscam o aprimoramento pessoal e o autoconhecimento. Contos Zen nos convida a refletir sobre a impermanência do Eu e a simplicidade da vida diária. A cada narrativa, verdadeira essência do Zen é desvelada, assim como as tranquilas águas de um lago

revelam em si as belas cores de suas carpas. São 250 contos modernos e tradicionais do budismo Zen.

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