

**Zen Art For Meditation By Stewart W. Holmes, Chimyo
Horioka**

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Stewart W. Holmes & Chimyo Horioka.

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I know this because halfway through our 20-minute meditation session, I open my eyes after engaging with a thought: is meditation compatible

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1973, English, Book, Illustrated edition: Zen art for meditation / by Stewart W. The unknown; The moment; Words; Theories; Zen art; Transactions with the world

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In 1974, he published Zen and the Art of Motorcycle Maintenance, the Minnesota Zen Meditation Center, which still thrives in Minneapolis.

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Creator: Holmes, Stewart Walker. Horioka, Chimyo. Edition: [New ed.] Publisher: North Clarendon, Vt. : Tuttle, c1973. Format: Books. Physical Description: 115 p.

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Zen - wikipedia

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