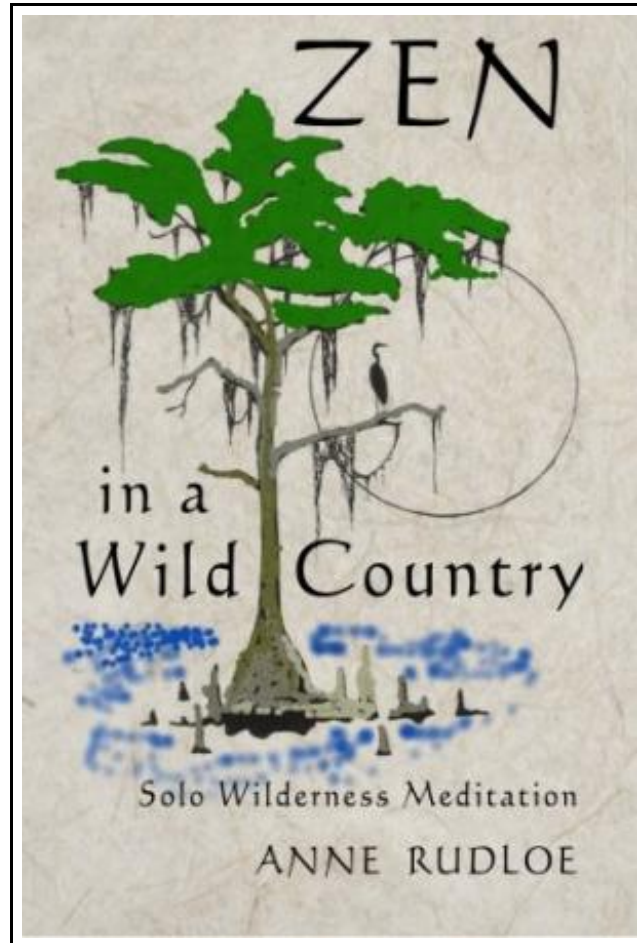


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ZEN IN A WILD COUNTRY: SOLO WILDERNESS MEDITATION



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Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Marine biologist and Zen teacher Anne Rudloe explores the spiritual value of being alone in wilderness settings. Out of that comes this nature based meditation on life, death, and meaning that draws upon the insights of science and religion, marine biology and Zen. Having taught marine ecology to university students for years, she now adds to the science a more experiential and meditational relationship with the sea grass meadows, long leaf pine forests and cypress lakes of the Florida wilderness which is the book s primary setting. Vivid narrative adventure sections include several encounters with alligators, a midnight meeting with a bear, a rescue at sea, a struggle with scuba gear over rocks in breaking seas, a helicopter based eagle survey, and chasing sea turtles in the Everglades. Anne s years of scientific research on marine animals, including electric rays, horseshoe crabs and bryozoans, takes on new and unexpectedly personal meanings. A 90 day traditional Zen retreat, with approximately equal proportions of beauty and grueling struggle, becomes a turning point in the journey, but the primary teachers remain the forest and sea throughout the narrative. Although she uses predominately Zen spiritual methods, the story is inclusive and relevant to those of other faiths or of no faith at all who find themselves in a time of personal seeking. Like her previous book, Butterflies on a Sea Wind: Beginning Zen, the story is told in an engaging style aimed at a non expert. The book provides a brief but fascinating review of the latest scientific research on consciousness as it explores what science can add to ancient religious methods for facing the Big Questions. The book is a contribution...



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