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When we try to be alive, we have trouble. Rather than trying to be alive or active, if we can be calm and die or fade away into emptiness, then naturally we will be all right.". ? Shunryu Suzuki, Not Always So: Practicing the True Spirit of Zen. tags: emptiness , life , living. 8 likes. Like.

Not Always So Quotes by Shunryu Suzuki - Goodreads

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lectures, which gives his thoughts an urgency and focus even sharper than in the earlier book.

Not Always So - Buddha-Nature

In Zen, it is always tricky to compare things, but in many ways I found this book more advanced than Zen Mind, Beginner's Mind...perhaps aimed at students who have been practicing for some time. I loved Zen Mind, Beginner's Mind, so don't take my comment as a criticism of it; it is a genuinely life-changing book.

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