



The Heart Sutra: A Meditation Manual (Paperback)

By Andre Doshim Halaw

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Heart Sutra is the most famous of all Buddhist texts. Thousands of commentaries and books have been written about it, but none of them like this one. In this fresh and original interpretation, Andre Doshim Halaw challenges conventional readings of the Heart Sutra by arguing that the scripture is not actually an exposition about emptiness, but in fact a meditation manual. Drawing upon his experience as a Zen teacher and meditation instructor, Andre demonstrates how the sutra uses the ancient Indian meditation technique called Neti-Neti (meaning Not this, not that) to reveal the Absolute, the unconditioned reality of the Buddha.



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