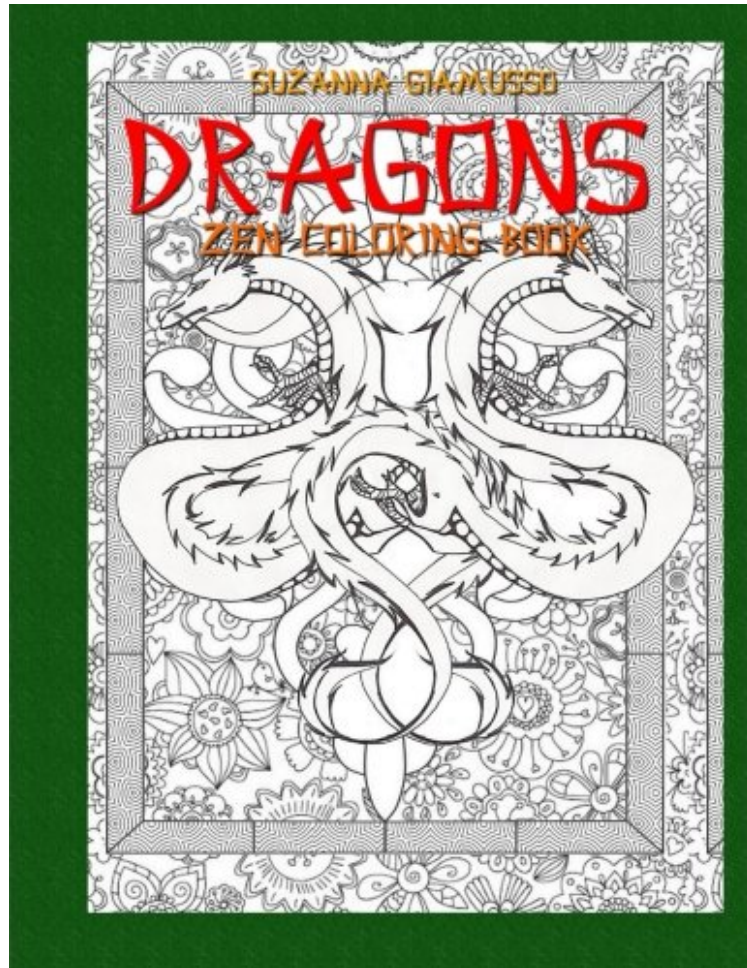


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## Dragons: Zen Coloring Book

*Suzanna Giamusso*

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2 of 2 people found the following review helpful. Terrible image quality; keep shoppingBy John H.Many of these pages would require a magnifying glass to color. The images are poorly reproduced and of varying resolutions, lots of them very fuzzy. It looks like someone used Photoshop to put a modge podge of images together. There is nothing Zen about this book.0 of 0 people found the following review helpful. Four StarsBy Mary McCormickdaughter loved it.

Essentially, Zen is the study of the self. The great Master Dogen said: "To study the Buddha Way is to study the self, to study the self is to forget the self, and to forget the self is to be enlightened by the ten thousand things. To be enlightened by the ten thousand things is to recognize the unity of the self and the ten thousand things." We tend to see body, breath, and mind separately, but in Zen they come together as one reality. The best way to achieve a state of Zen

is the meditation. It's a very simple practice. It's very easy to describe and very easy to follow. One of my ways to meditate is to draw. In this little book I offer you twenty of my meditations focused on Chinese Dragons. Yours will be the pleasure to color them with your favorite colors. Have fun!