



## Living the Season: Zen Practice for Transformative Times

*Ji Hyang Padma*

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## **Living the Season: Zen Practice for Transformative Times Ji Hyang Padma**

As the Rig Vedas and Buddhist sutras foretell, as well as the Hopi and Mayan calendars, we are in the midst of complete transformation--ecologically, economically, politically, culturally. This graceful introduction offers creative safe passage through the sometimes overwhelming transition, drawing on ancient and contemporary spiritual practices particularly useful for these times. The endings we experience are always the beginning of something else. Hence author Ji Hyang Padma organizes teachings around the four seasons. In living connected to natural rhythms--the stillness of winter, the renewal of spring, the ripening of summer, the harvest of autumn--we touch a wholeness that is the source of healing and happiness. Practical exercises at the end of each chapter promote this state of being and bring the mind home to its innate clarity. Ideally suited to anyone experiencing personal change--through career, relationships, or world events--the book provides a way into Zen for beginners as well as a refresher for the more advanced.

## **Living the Season: Zen Practice for Transformative Times Details**

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## From Reader Review Living the Season: Zen Practice for Transformative Times for online ebook

### Rebecca Elson says

This review originally appeared on The Magical Buffet website on 12/01/13.

At this point in my life I've read quite a few books about Zen Buddhism, and since it's me I've forgotten a healthy chunk of what I've read. (Seriously, I've got an awful memory, even for things I really want to learn and retain.) However, despite my crappy memory I feel quite certain I've never encounter a Zen book quite like "Living the Season: Zen Practice for Transformative Times" by Ji Hyang Padma.

Often Ji Hyang Padma shares stories from her own life and own experiences making "Living the Season" part memoir. The Zen Buddhism discussed in the book is based on what is practiced in Korea, which you rarely read about in the West. I'd never seen it before so I found that very interesting. I learned that my favorite goddess, or Bodhisattva if you hang with the Buddhists, Kwan Yin, is referred to as Kwan Seum Bosal if you're a Korean Buddhist. "Living the Season" has loads of exercises. Once Ji Hyang Padma gets you meditating the sky is the limit. Literally. One of the exercises is sky gazing!

Ji Hyang Padma's writing is sincere in acknowledging what most of us already know, we're in a time of upheaval and change. Her message is to understand how we're all connected and work to be of service to each other and also be of service to our planet. All of this is conveyed in her beautiful voice, filled with authenticity. "Living the Season" is a story, a Zen practice, and a mission statement, not to be missed.

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### Julie Gohman says

Ji Hyang Padma offers beautiful stories and practical exercises from the Zen tradition. I have personally used many of her suggestions in my own life and in the classroom as a teacher at a university. Wise, gentle in nature, and enlightening, this book is for everyone - young, old, Buddhist or not. I loved it! Thank you Ji Hyang Padma.

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### Susan says

I've been savoring this book for the last month! I liked the way the author divided it into seasonal sections: winter quiet, spring renewal, summer maturing, and autumn harvesting. It was, indeed, inspirational to read about a Buddhist approach to the challenges of a changing world.

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### Candice McKinney says

Interesting book on awareness

