



ESSENTIALS

CHAPTER 1 - 3



EMBODIMENT

CHAPTER 4 - 6

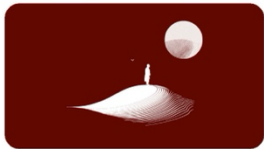


REALIZATION

CHAPTER 7 - 9

CRAFT OF ZEN

SYSTEMATIC ZEN TRAINING



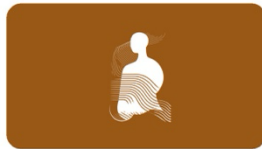
ESSENTIAL ATTITUDES
Inhabiting Five
Foundational Qualities



ESSENTIALS OF MEDITATION
Entering the
Subtle Layers of Body and Mind



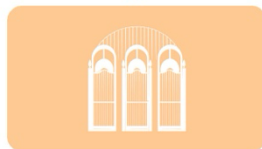
**ESSENTIAL
EXPERIENTIAL SHIFTS**
Entering the Yogic World



**THE WHY, WHAT,
HOW OF EMBODIMENT**



GATES OF EMBODIMENT
Grounding, Centering,
Connecting



**REALIZATION OF
EMBODIMENT**
Body, Speech, and Mind



REALIZATION WITHIN
The Inner World



MUTUAL REALIZATION
The Shared World



**REALIZATION
EVERYWHERE**
The Entire World