



## Free Your Mind (Paperback)

By Sensei Anthony Stultz

iUniverse, United States, 2007. Paperback. Book Condition: New. 224 x 147 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Four Directions help support and strengthen our transformational shift to a more universal consciousness. Melvin Grossman M.D., Child Psychiatrist, Retired Clinical Instructor Harvard Medical School. Through transcending Buddhist terminologies, Sensei Stultz reveals significant insight into our egos and sources of unhappiness. Readers will benefit on several levels through the analysis and practices taught in this work. -Rev. Alfred Bloom, Ph.D., Professor Emeritus of Buddhism, University of Hawaii Sensei Stultz is a knowledgeable commentator on the social ethics and practices that have come to be called engaged Buddhism. he has enriched the discussion of the emerging Buddhism with his experience. -Christopher S. Queen, Ph.D., Dean and Lecturer on Buddhist Studies, Harvard University Author and Sensei Anthony Stultz brings together the ancient wisdom of the East and the psychological language of the West, making it easier for those living in a contemporary society to understand the Dharma and put it into practice. Stultz explains the goals, details, and applications of the Four Directions and provides exercises and true stories that will show you how to: . Rediscover your...



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