

SANTA ROSA zen group

Summer 2010 Readings

From *Being Zen*

- Chap 4 Experiencing
- Chap 6 Three Aspects of Sitting
- Chap 8 Practicing with Anger
- Chap 13 Hard and Soft
- Chap 14 Letting Be

From *At Home In the Muddy Water*

- Chap 1 What We're All Looking For
- Chap 2 Meditation
- Chap 3 Measure of Practice
- Chap 4 Potato Salad
- Chap 5 Dry Spot
- Chap 21 Suffering and Joy
- Chap 22 Humphrey Bogart

From *Zen Heart*

- Chap 1 Detours
- Chap 2 Hindrances
- Chap 3 Strategies
- Chap 4 Pillars of Practice
- Chap 6 Qualities of Awakening
- Chap 8 Art of Awareness
- Chap 13 What We Fear Most

From the Web

- Article: [5 Questions That Help Us Wake Up](#)