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This book main idea is that intrinsic to the heart, mind and spirit in every human being is an identical essence which can be realized. This realization makes any man or woman a Buddha. The focus of this book is the method of how to implement that through a system of training which is of timeless value, and not bound by cultural limitations.

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Mindfulness is a mental state of calm, acceptance, and awareness of the present moment. While the practice is rooted in Buddhist and Hindu principles, the origin of mindfulness in the United States can be traced back to Jon Kabat-Zinn, who founded the Mindfulness-Based Stress Reduction (MBSR) program to treat those with chronic illness. Adopting what he learned from the Zen Missionary Phillip ...

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In the morning, the king remembered about the dog and rushed to the mirror house, but by then the dog had died while fighting with his own images. The king got the mirror house broken in anger.

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