



Zen & The Spiritual Identity (Zen Supremacy)

Daniel Marques

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This book is part of a Series entitled “Zen Supremacy” which includes the following topics: The Spiritual Identity; The Acknowledgement of God; The Perception of Happiness; The Transversality of Purenness; The Achievement of Immortality. This Series promotes a study of these subjects in their relation to Zen Philosophy and the content is supported by more than 20 years practicing Zen meditation and its application to modern life, as well as studying the different perspectives described and applied by Buddhism and its branches in India, Tibet, Japan and China. It is in this last country that, by experiencing the life and habits of the monks inside one of their own Temples, the acknowledgement of all the previous studies with different followers of Buddhism starts making its connection in an approach going beyond them. More precisely, it is when observing the difficulties that even those monks have in understanding and explaining the meaning of Zen and its application to life that the need for this book started making sense. Zen is a path, not an end, and even though many followers of Buddhism may have a certain acknowledgment allowing some light into the subject, it is difficult to find a person that can clearly describe it to others beyond his personal experience. Many would say that Zen is a lonely path that cannot be described but only achieved through the development of the conscience and, even though this may be true, the ones that feel difficulties in their spiritual journey still need some guidance so that they may continue on their own. It’s for this reason that millions of spiritual followers seek for Teachers or Books that can help them and it’s for this same reason that the Author has found himself many times explaining to students of Zen Buddhism what their Books and Teachers couldn’t. Nevertheless, because the author has spent all his life, since a very early age, studying different religious believes from all over the world, this book doesn’t wish to promote Zen philosophy in particular or Buddhism is general, but instead allow a better understanding on how the practice of Zen can help anyone in daily life, including in the understanding of different spiritual philosophies and religions. This is a book out of the box, combining the interpretation of Zen with many others, so that the reader may break free from the attachments of false teachings, confusion and delusional theories; and, doesn’t wish to represent any Buddhist Philosophy in particular, although may actually help interpreting any of them. This, and the other books of the same Series must be read, above all, as a spiritual perspective with a multitude of applications, understandings and combinations, because Zen is not a dogma but a life-style promoting all life. Zen is a never-ending cycle of spiritual transformation towards enlightenment.

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