



Unfolding the Eightfold Path: A Contemporary Zen Perspective

Dale Verkuilen

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Unfolding the Eightfold Path: A Contemporary Zen Perspective documents the author's study of the Fourth Noble Truth, from his first encounter as a young man, throughout his life as a Zen practitioner, and into his elderhood. This work presents a unique interpretation of the dynamic nature of the right elements of view, thought, effort, concentration, mindfulness, speech, action, and livelihood. Nine distinctive descriptions of each of the elements explore an evolutionary view of their dynamic change from conceptual knowledge to liberating insight. With astute clarification this work offers an in-depth view for engaging the Eightfold Path at any stage of a practitioner's experience. It offers a map for the transformational outcome of dedicated study, practice, and integration of the Fourth Noble Truth. Unfolding the Eightfold Path demonstrates how to create coherent order out of the insights of a lifetime of practice.

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