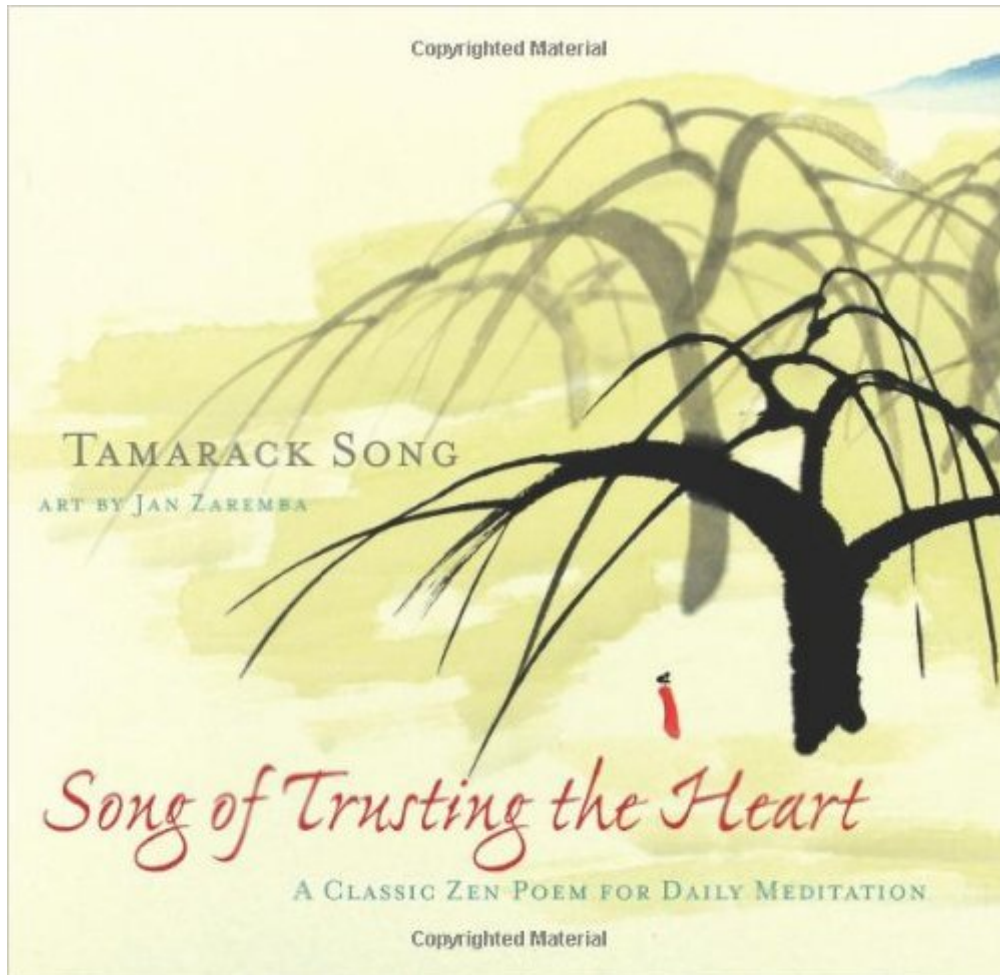


The book was found

Song Of Trusting The Heart: A Classic Zen Poem For Daily Meditation



Synopsis

Enlivening the spirit without overwhelming the mind, the poem Hsin-Hsin Ming, or Song of Trusting the Heart, was written in the sixth century by the third Zen patriarch of China. It is perhaps the most encompassing and profound statement of Zen awareness we have. A beautiful daily meditation guide, the book will become a year-round fixture in readers' lives. These haunting lyrics inspire a peaceful awakening that helps one see through attachments, judgments, and illusions.

Book Information

Paperback: 98 pages

Publisher: Sentient Publications (November 16, 2011)

Language: English

ISBN-10: 1591811759

ISBN-13: 978-1591811756

Product Dimensions: 6.2 x 0.3 x 6.1 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars Â Â See all reviews Â (15 customer reviews)

Best Sellers Rank: #1,177,775 in Books (See Top 100 in Books) #1221 in Â Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Spirituality #1362 in Â Books > Literature & Fiction > Poetry > Themes & Styles > Inspirational & Religious #18591 in Â Books > Self-Help > Personal Transformation

Customer Reviews

This is one of those rare Zen books that succeeds in teaching with absolute simplicity and clarity so that the complexity and depths of the lesson come effortlessly. I have read it often since receiving it. When my brain gets clogged with everyday illusion all I have to do is start reading and the fog lifts; suddenly what is important and what is illusion becomes clear again. The additional information that Tamarack Song adds is very interesting but it's the poem I come back to over and over again.

This is a simple yet profound poem that anchors our consciousness beyond duality into the Oneness that we all share. It eloquently cuts through the illusions of the mind and steers us into the calm, peaceful clarity of the heart. I like to use it as a divining tool: as I hold a specific question in my heart, I randomly open the book to see what wisdom it has to share with regard to my question/concern. It always offers accurate and practical insight. In addition to its practicality, the text is accompanied by beautiful, breathtaking, lively images created by a Master of Japanese brush

painting. The images by themselves are enough for one to meditate on; combined with the text they create an expansive synergy that can be felt by merely holding the book! There is clearly a lot of love, passion and sincerity present in this work -- a sign that it was created for the sake of Creation. Because of the innocence of this intention, this book will undoubtedly be a blessing for countless others, myself included. I also deeply appreciated the thoughtful and insightful comments on Etymology and Translation that were included at the end. This is truly a complete and inspired work of truth.

The positive reviewers before me have expressed it all so perfectly. "Song of Trusting the Heart" awakens an awareness of simplicity and wisdom... and a deep down feeling of "yes, of course, like I feel after hearing one of Mozart's works" as this Zen meditation poem truly touches the soul. Just as each person intuitively knows when they feel a connection with that unknown we call God, Tamarack Song guides us on a journey towards a realization of oneness with each other by listening to our hearts and just "being." I've read and tried to appreciate one stanza every day for many months, and I now realize that "how much I thought I knew" was really just the beginning. Just like Mozart, Tamarack makes it seem so simple and obvious. Now I'm on the path - enjoying the journey without worrying about how many miles remain - just taking one selective step at a time... with Tamarack's wise guidance!

The author mentions passing the book on when it has served its purpose, when we trust in the song we already know in our heart. How could a seeker let go, when there is ever something deeper to be found in the words and images? At first Jan Zaremba's paintings, in a style not yet familiar to me, seemed sparse, unrelated to the text, some incomprehensibly non-representational. It was the spaces within the leanest of them which suddenly pulled it all together -- without both space and form there is neither, the non-duality. By absorbing meaning from the richly-crafted verse, deeper possibilities of the images emerge, and vice-verse. Contemplating any of the paired pages is luxuriously nurturing, like comfort words for the soul. Song of Trusting the Heart is well worth both owning and gifting. My advice is to keep it and pass it on.

The first words of the poem "The Beauty Way is for those who have no preferences" is something that has TOTALLY STUCK with me since I first read it many years ago, it was such simple but powerful words. It's still something I remind myself of in situations when I have a lot of attachment to certain things our outcomes. The rest of the poem just gives more and more examples of how to do

this. I've read it many times because I really enjoy reading it! Everytime I get something new from it.

Meh. Beautiful little book with great Japanese-style drawings on every other page, but the poem is too repetitive and the translation too literal, it needs more poetry. Randomly chosen entry: "There is one Beauty Way, not many./ The others arise from the clinging needs of the ego./ To seek heart with the mind/ is the greatest of all mistakes." • Grade: C+

Tamarack Song brings a fresh look at an accessible zen poem. He aligns the non-duality of zen with the Beauty Way of Native Americans. The verses are frequently arresting, and Song's introduction and appendices are a bonus. Finally, Jan Zaremba's illustrations are terrific. This will make a nice gift.

Simply profound. The ancient lyrics of the heart song sung in harmony with the key of life. Zen is now and this is that. Critically acclaimed and rightfully so -a humble little book filled with big Truth.

[Download to continue reading...](#)

Song of Trusting the Heart: A Classic Zen Poem for Daily Meditation
Meditation: The Meditation Beginner's Bible: How to Relieve Stress, Find Inner Peace and Live Happier (meditation for beginners, zen, energy healing, spiritual ... meditation books, meditation techniques)
Zen and Zen Classics volume 1: From the Upanishads to Huineng (Zen & Zen Classics)
Zen: Zen For Beginners - The Ultimate Guide To Incorporating Zen Into Your Life - A Zen Buddhism Approach To Happiness And Inner Peace
Zen: Zen for Beginners: The Complete Guide to Achieving Presence and Inner Peace (Meditation, Buddhism, Zen Buddhism for Beginners, Happiness)
Meditation: Meditation for Beginners - How to Relieve Stress, Depression & Anxiety to Get Inner Peace and Happiness (Yoga, Mindfulness, Guided Meditation, Meditation Techniques, How to Meditate)
Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice
Zen: How to Live a Zen Lifestyle in a Modern Society (Zen, Buddhism, Mindfulness, Yoga)
Buddhism: Buddhism for Beginners: The Complete Introduction to Buddhism: Meditation Techniques, Acceptance, & Spiritual Practice (Buddhist, Meditation, ... Mindfulness, Zen, Inner Peace, Dalai Lama)
Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate)
Meditation: The Ultimate Beginner's Guide for Meditation: How to Relieve Stress, Depression, and Fear to Achieve Inner Peace, Fulfillment, and Lasting ... beginners, anxiety, meditation techniques)
Meditation:

Complete Beginners Guide on How to Awaken Your Mind With Techniques that Will Relieve Stress, Manage Anger, and Find Inner Peace and ... Your Fear and Anxiety With Daily Meditation) The Battlefield Series 3: Trusting Love (Siren Publishing Menage Everlasting) Answers in the Heart: Daily Meditations For Men And Women Recovering From Sex Addiction (Hazelden Meditation Series) Heart Health: Heart Healthy Cookbook: 30 Quick & Easy, Heart Healthy Greek Recipes For Smart Heart Health (cooking, weight loss, weight maintenance) (cooking, ... weight maintenance, weight watchers Book 1) Color Zen Adult Coloring Book 2: Easy Breezy Garden Patterns (Color Zen Adult Coloring Books) (Volume 2) In a Zen Garden: Words of Wisdom for the Zen Gardener Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen) BUDDHISM: Buddhism For Beginners: How To Go From Beginner To Monk And Master Your Mind (Buddhism For Beginners, Zen Meditation, Mindfulness, Chakras) BUDDHISM: 50 Buddhist Teachings For Happiness, Spiritual Healing, And Enlightenment (Buddhism For Beginners, New Age Meditation, Dalai Lama, Zen Buddhism, Spiritual Guide, Stress Free, Dharma)

[Dmca](#)