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that will not only help
your horse follow
commands, but
strengthen the spiritual
bond between horse and
rider.

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Those who can sit
perfectly physically
usually take more time
to obtain the true way of

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Zen, the actual feeling of Zen, the marrow of Zen. But those who find great difficulties in practicing Zen will find more meaning in it. So I think that sometimes the best horse may be the worst horse, and the worst horse can be the best one.

~~Shunryu Suzuki: Zen
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Combining brain
science, horse sense,
and fine storytelling,
this spiritual handbook
points toward a special
and completely real
form of enlightenment.

(Andrew Weil, MD,

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Zen is not the practice to
be the best horse. If you
think so -- if you
understand Zen as a
kind of practice to be a
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a problem -- big
problem. That is not the
right understanding of
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whether you are the best
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recently won the 2012

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category. Hamilton's

first book, The Scalpel

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& The Soul, won the Silver Nautilus Award in 2009. The award's been won in the past by His Holiness the Dalai Lama, Eckhart Tolle, and Deepak Chopra. Look for "Zen Mind Zen Horse" on Facebook, or log on to ranchobosque.com.

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