



# Living the Season: Zen Practice for Transformative Times

*Ji Hyang Padma*

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## **Living the Season: Zen Practice for Transformative Times** Ji Hyang Padma

As the Rig Vedas and Buddhist sutras foretell, as well as the Hopi and Mayan calendars, we are in the midst of complete transformation—ecologically, economically, politically, culturally. This graceful introduction offers creative safe passage through the sometimes overwhelming transition, drawing on ancient and contemporary spiritual practices particularly useful for these times. The endings we experience are always the beginning of something else. Hence author Ji Hyang Padma organizes teachings around the four seasons. In living connected to natural rhythms—the stillness of winter, the renewal of spring, the ripening of summer, the harvest of autumn—we touch a wholeness that is the source of healing and happiness. Practical exercises at the end of each chapter promote this state of being and bring the mind home to its innate clarity. Ideally suited to anyone experiencing personal change—through career, relationships, or world events—the book provides a way into Zen for beginners as well as a refresher for the more advanced.

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