

Light Waves



Fine Tuning the Mind

DAVID K. REYNOLDS

Light Waves Fine Tuning The Mind Latitude 20 Books

A. A. MICHELSON



Light Waves Fine Tuning The Mind Latitude 20 Books:

Light Waves David K. Reynolds, 2000-11-01 No one lives within a continuous stream of peak experiences Everyday life is both ordinary and marvelous While sailing your mind in the sky don t forget to have your car serviced regularly Light Waves continues the themes of Morita and Naikan psychotherapy found in David Reynolds highly popular Constructive Living UH Press 1984 and The Quiet Therapies Japanese Pathways to Personal Growth UH Press 1980 A book of reflections inspired in part by the Denkoroku a work written by a Soto Zen monk Light Waves will appeal to readers of any faith It reiterates the spiritual importance of everyday life and encourages readers to experience whatever reality presents and do whatever needs to be done moment by moment Thought provoking puzzles designed to fine tune the mind appear throughout *American Book Publishing Record* ,2001 English Mechanic and Mirror of Science and Art ,1913 **Portland Transcript** ,1850

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