



# Essence of Zen

*Karlo T. G.*

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## Essence of Zen Karlo T. G.

The word "Zen" comes from the Sanskrit word "Dhyana" which means meditation. The true purpose of meditation is to transcend the mind, wake up and realize who we truly are, and to find inner peace. Once you find out who you truly are, then that is when you become a Buddha. A glimpse of the essence of Zen is being bridged through this book. Enjoy! Kanpai!

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