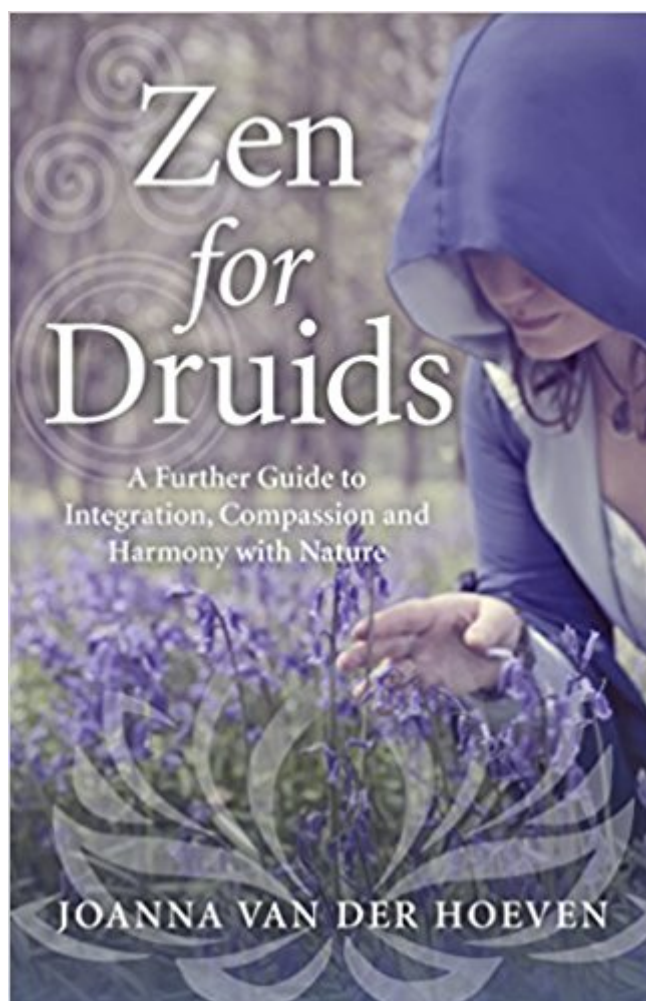


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# Zen For Druids: A Further Guide To Integration, Compassion And Harmony With Nature



## Synopsis

The teachings of Zen Buddhism combined with the earth-based tradition of Druidry can create a holistic way of life that is deeply integrated with the seasons, the environment and the present moment. In soul-deep relationship we can use the techniques and wisdom from both traditions to find balance and harmony within our own lives. In this text we explore the concepts of the Dharma (the Buddha's teachings) and how they relate to the wisdom of the Druid tradition. We also look at the Wheel of the Year in modern Druidry with regards to the Dharma, incorporating the teachings into every seasonal festival in an all-encompassing celebration of nature. We explore meditation, mindfulness, animism and integration with nature, learning how to find sustainable relationship in the work that we do, opening our souls to the here and now and seeing the beauty and wonder that enchants our lives in every waking moment. Step into a new life, fully awake and aware to the beauty of the natural world.

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## Customer Reviews

I learned a lot about both Druidry and Buddhism and how they can work seamlessly together to create a spiritual practice - Rose Pettit, *Insights into the Wonderful World of Books* Joanna van der Hoeven's fabulous book is both an inspiring and deeply practical aid to help you on that journey. I highly recommend this book. It is proof of how seemingly different spiritualities can enrich each other, and for those of us drawn to both Eastern and Western traditions, it's a real gem!

- Maria Ede-Weaving, *The Order of Bards, Ovates and Druids*

Joanna van der Hoeven is a Druid, best-selling author and teacher. She is the co-founder of Druid College UK. Joanna moved to the UK in 1998, where she now lives with her husband in a small village in Suffolk near the coast of the North Sea.

Does a tree have Buddha nature? This is the kind of question the book tries to answer. Those seeking to know more about Buddhism will love this book. Those wanting to know more about Druidism will be disappointed. The book is really a primer on Buddhism, Meditation and Mindfulness, the "Druid" bit is somewhat lacking and just another example of modern "Druids as wished for". It is a hard task to meld Druidism and Buddhism; the Celts believed in animal sacrifice as a sacred act (and shared the meat with their tribe afterwards) to re-create the world by sending energy back to it. Buddhists are very often vegetarians. Buddhists believe in "Ahimsa" or the principle of doing no harm to others. Druids, historically, lent their battle magic to squabbling rulers and sometimes fought duels with swords to claim Druidic titles such as "Chief Poet". The book advises against the use of intoxicating drinks and yet these were very much a part of ancient Druidism, used to sanctify oaths, boasts and toasts. Any promise made over a cup of mead was to be kept or else you were expected to die trying to keep it! That said, meditation is a vital art that every Druid should know and we all need it to get through life, no matter who we are and what we are going through, and this well written primer will be a useful guide. Ellen Evert Hopman, Author of "A Legacy of Druids" "Conversations with Druid leaders from Britain, the USA and Canada", "A Druid's Herbal of Sacred Tree Medicine" and other volumes

I read Joanna's "Zen Druidry" and it really helped add an extra layer of depth to my own Druidry. This book continues down that same path, with a lot more emphasis on how to incorporate aspects of both Zen and Druidry into one's life. Not only does Joanna write in a way that is easily accessible, her approach to topics provides the reader with enough information to work with the topic or concept. The questions she asks throughout the book are definitely good moments of "food for thought" - and for me provide even more desire to dig even deeper into what she is presenting here. Is her book a be-all, end-all of Zen, Druidry, or the combination of the two? Not even, nor is it meant to be. Finding that kind of depth, in my opinion, is up to the individual bringing these concepts into their Spiritual practices. This book; however, is a definite strong start for those who are looking for ways to incorporate these two particular Spiritual disciplines into their lives at the same time. For

me, this book is a timely follow on to the "Zen Druidry" title, providing more depth and clarity to the combination of these two Paths. Going further down that Path, will be up to the individual adherent and their own unique application of these disciplines to their own lives. If you are picking this book up first, set it down and get "Zen Druidry" and read that first. Then follow on with this one. The two flow together very nicely. --TommyElf

If you, like me, are interested in spirituality, but are undecided exactly what you believe, this book is a great place to continue reading and learning. This book delves into the concepts of the Dharma, and explains in an easy to understand manner what these teachings mean and how they can relate to Druid tradition. I love the concepts of harmony with nature, and it is a big part of my fledgling belief system, so this was an ideal book for me. The author gives you a lot of positive reinforcements throughout her writing and helps you to see that you can turn negative forces in your life into positive things. The writing is beautiful and uplifting and made me want to learn more about these things and share them with others. I would certainly recommend this book to others looking to expand their knowledge on these topics. This book not only teaches you, but is also interesting to read. Great job by the author. This review is based on a complementary copy from the publisher, provided through Netgalley. All opinions are my own.

I wanted to review this book because it spoke to a part of me that I haven't been in touch with in a long time. I studied philosophy in college and enjoyed it so much that I actually earned enough credits that it could have been a minor. The part that always struck a nerve with me was learning about Buddhism. I remember it was a little hard to understand in the beginning. This book breaks down so many of the concepts and principles in an easy to understand method. It rekindled my need to revisit these beliefs and put them back into practice in my own life and with the addition of Druid beliefs I am even more inspired.

I brought this after I enjoyed previous books by Joanna and was not disappointed. This is another great read on a subject that can often be heavy. Joanna manages to write in a way that is light easy to read and understand. This is a great book taking on ancient beliefs and bringing them into the modern world. It approaches modern issues and takes them back to basics. The content is very thought provoking especially the questions, making the reader think about their lives, feeling, actions. Some of the content is something we all know but it is written as a great reminder as we often walk through our lives without being truly present. As those dark night draw in I have been

reminded what the seasons hold and embrace them. Another recommended book.

I liked this book learned a lot from it.

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