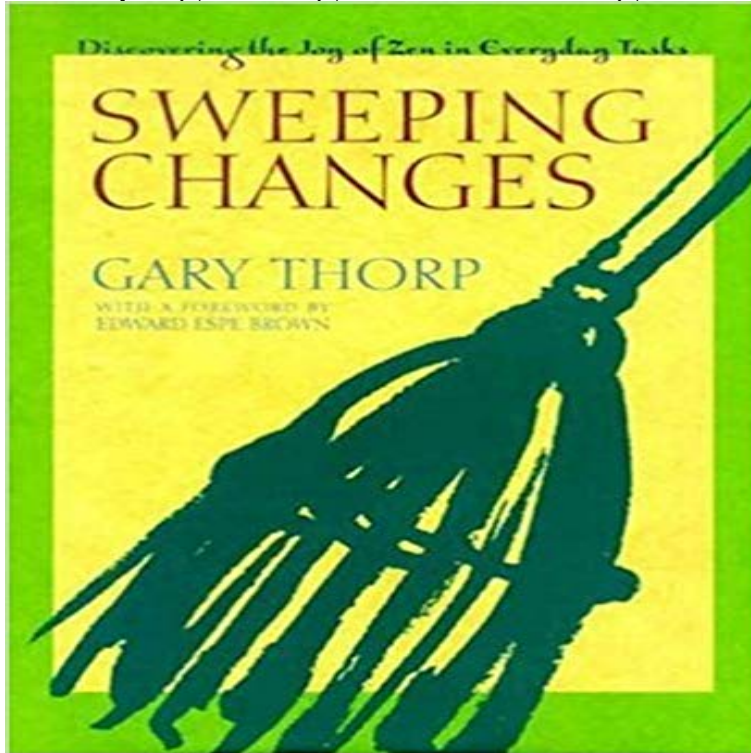


Sweeping Changes: Discovering the Joy of Zen in Everyday Tasks



Your home is an extension of yourself; therefore when your home is in turmoil, your life is in turmoil. However, when you attend to your home, you begin to feel less hurried and more in tune with your life. There is delight and calm to be found in the midst of washing dishes or changing the water in a vase of flowers; there is pleasure to be experienced in the repetitions of daily life. Gary Thorp shows how the principles of Zen can bring harmony and peace to your life at home. You don't need special surroundings to achieve the tranquillity of Zen; you can find it anywhere, in the action of dusting a shelf, organizing your closet, or feeding your cat. Zen means, simply, meditation, and it does not require you to be seated quietly in a formalized posture. Thorp closely observes many everyday activities, evaluating their capacity to bring satisfaction and self-growth and provide an opportunity for Zen practice. *Sweeping Changes* may not only change your feelings toward housekeeping, it is likely to help you see your home, and your place in it, in a new and nurturing light. Whether you live in a small room, an apartment, or on an estate, you will find something of spiritual and practical value in this engaging, insightful book.

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