



# Meditation in the Wild: Buddhism's Origin in the Heart of Nature

*Charles S., Ph.D. Fisher*

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Meditation in the Wild takes the reader on an adventure with the Buddhist forest monks and hermits of the last 2500 years. Walking into jungles and living on mountain sides, their encounters with nature teach us about the meaning of life and death, our struggles with our own minds and how we treat each other. Sitting with tigers, biting insects and bamboo shoots they looked on life compassionately. They remind us of who we are and what we have become.

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