



# Bringing Zen Home: The Healing Heart of Japanese Women's Rituals

*Paula Arai*

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## **Bringing Zen Home: The Healing Heart of Japanese Women's Rituals** Paula Arai

This book maps new territory in Zen by explicating a domestic Zen filled with the ritual healing practices of contemporary Japanese female elders. It develops a 10-part theory on Japanese Zen Buddhist women's Way of Healing. It also analyzes how ritualized activities function in Soto Zen mode.

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