



# Live in the Moment, Including Zen and the Art of Healing

*Ross Cribb*

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## Live in the Moment, Including Zen and the Art of Healing Ross Cribb

With clarity of thought and realism, Rev. Ross Cribb sets out to provide an alternative vocabulary with which to describe significant events, human nature and spirituality, with the goal to empower individuals to have happier and more meaningful lives. His highly readable combination of Zen, philosophy, psychology and science makes a compelling case for his view of spirituality. Explaining that we often refer to different parts of ourselves as independent, he takes this a step further by invoking the New Age concept of Energy Bodies (specifically the Physical, Emotional, Mental and Spiritual Bodies). With these he explains Enlightenment, Being in the Moment and Energy Healing—an effective method for releasing blockages that take us out of the moment.



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