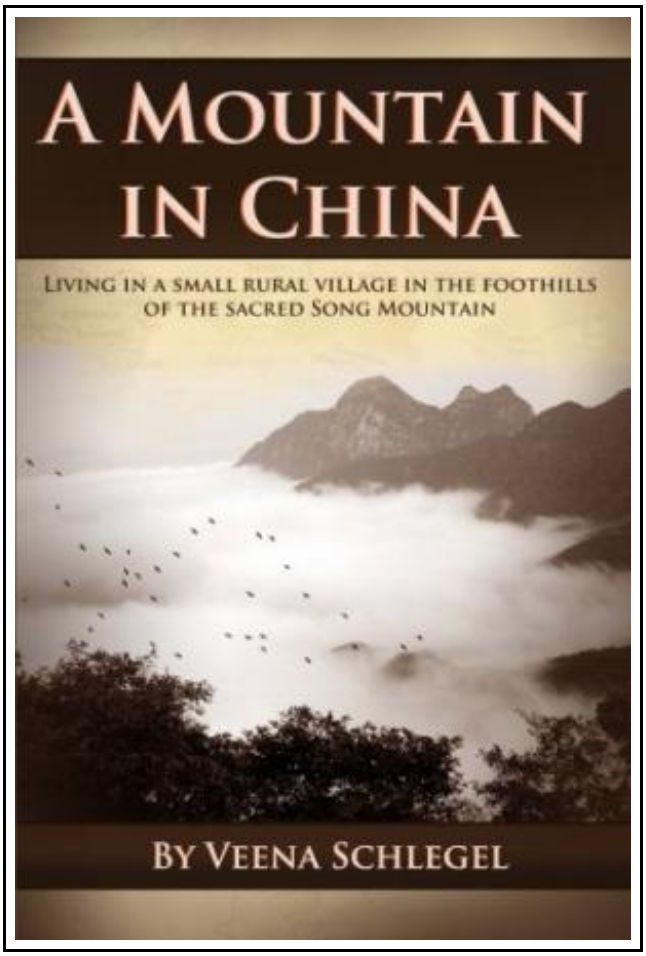
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A MOUNTAIN IN CHINA: LIVING IN A SMALL RURAL VILLAGE IN THE FOOTHILLS OF THE SACRED SONG MOUNTAIN (PAPERBACK)

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Createspace, United States, 2015. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. A Mountain in China is the fascinating account of an English woman s travels to Song Mountain, in Henan Province, China. Part memoir, part travelogue, Veena Schlegel takes us to the heart of what has made this mountain a place of pilgrimage for millenia. The peaks and valleys of Song Mountain gave refuge to Taoist mystics long before it became known as the home of Shaolin Kungfu. In the sixth century CE, it also gave birth to what we now refer to as Zen Buddhism, known in China as Chan, after the enlightened Indian master, Bodhidharm, meditated there alone for nine years in a secluded cave on one of its peaks. Living in a small village in the mountain s foothills, the author explored this little-known part of China over several years, and uncovered some of its historical and spiritual heritage as well as its ties to her own spiritual master, Osho. She learned about the local customs and traditions, and shared the turmoil and joy of daily life in the village. She encountered Qigung and Kungfu masters, students and seekers who had never met a westerner before, and felt the heartbreak many travellers will recognise as modern China inevitably clashes with its ancient heritage. In 2010, the mountain and the religious and historical monuments connected to it, was designated a UNESCO World Heritage Site. A Mountain in China is a story of a love affair with a mountain an intimate and sometimes hilarious glimpse into the inner world of a seeker who has been on the path of Zen for more than forty years.

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