



Healing Breath: Zen for Christians and Buddhists in a Wounded World

Ruben L. F. Habito

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Healing our wounded Earth is not unrelated to healing our own personal wounds. The pains of the Earth and those of the individuals making up our Earth community cannot be separated. Thus the healing of our individual lives can become the basis of the healing of Earth. This book sheds light on Zen as a spiritual path that leads to healing - in the personal, social, and ecological dimensions of our being. If you are seeking a form of spiritual practice that addresses all three of these dimensions or simply seeking to deepen your understanding of the Zen path, it is written for you. If instead of fragmentation, disorientation, and vacuity, you seek wholeness, groundedness, and integrity in your life, it is written for you. Perhaps you, too, have come to realize that our global community is in a sad state of affairs, that we need to radically change how we live and relate to one another and to the Earth. You may already be engaged in some form of social or ecological action addressing these issues-and you may feel overwhelmed by the magnitude of the task. If you've been tempted to pessimism or have thrown up your hands in despair when your best efforts don't seem to make a dent, this book is for you, *Healing Breath* offers a way to integrate a spiritual path with active, socio-ecological engagement as the ground.

This book also addresses another set of questions: can a Christian genuinely practice Zen? How is Zen practice compatible with a Christian faith commitment? To fully engage in a Zen practice, what kind of belief system is presupposed or required? How can spiritual practice in an Eastern tradition inform Christian life and understanding?

In the process of describing the Zen way of life, *Healing Breath* will consider various Christian expressions, symbols, and practices - not as an apologetic for that belief system, but to show how they, too, point to the transformative and healing perspectives and experiences provided by Zen.

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