

A Blind Man in the Land of Zen



Steve Hobson went blind about eight years ago. In adapting to his new life, he searched for a retreat, somewhere quiet and peaceful that would allow him to relax. He attended a Sesshin at the Stonewater Zen Sangha. Stonewater Zen Sangha is a Zen Buddhist group based in Liverpool. Steve's book explains his life as a blind person, and what happens during a Zen Buddhist retreat. It is a warm, well-written, account that will inspire the listener. A Sesshin is (often) a week-long meditation retreat, with participants sitting together in meditation for most of the day. They maintain the Sangha (the retreat building and area) and help to prepare vegetarian meals. It allows quiet reflection and is an essential element of Zen Buddhism.

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