

A golden dragon with intricate scales is coiled around a glowing, golden sphere. The dragon's head is raised, showing its sharp teeth and a glowing yellow eye. The background is dark with wispy, golden light trails and small stars, creating a magical and ethereal atmosphere.

*Beatrix Storywell*

*The Flow  
of Life. Zen*

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**The Flow of Life. Zen**

«Издательские решения»

## **Storywell B.**

The Flow of Life. Zen / B. Storywell — «Издательские решения»,

Do you wish to attain Enlightenment? You have but one life, and no one else shall live it for you. This book is not a compendium of ready-made answers; it is a mirror of your existence, composed of 111 chapter-states. The Flow of Life. Zen invites the reader to accept the inevitability of death and to learn to dance with the chaos of existence, embracing both light and darkness. For those who are ready to take responsibility for the meaning of their own flow — and who dare to feel life fully.

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# The Flow of Life. Zen

**Beatrix Storywell**

*See your true nature, the Buddha-nature, which dwells in everyone yet  
lies hidden behind the illusions of the mind — Ch'an Huineng (638—713 AD)*

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## Author's Foreword

Do you wish to attain Enlightenment? This book is your flow of life. Life is but one, and there shall be no other. Ahead, only death awaits. No one but you shall live your life. Use this book to awaken to this truth and to live your life with awareness. Each chapter of this book is a chapter of your life; each word is a beacon that may illuminate the path through the fog. I offer no ready-made answers: I offer keys, images, and questions that will help you discern the truth of life and attain Enlightenment through Zen. Read slowly, return to these lines, allow the words to thaw within your body and heart. Write down whatever comes to mind after reading the title of each chapter; let it be an act of presence, not an exercise of memory. Remember what matters most: the responsibility for the meaning and depth of your flow is yours alone. The flow of life is relentless, yet you may guide it, dancing with chaos, embracing both light and darkness. Here there is no moralising, only the truth of being: live fully, for death shall efface all save that which you have dared to feel.

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## Chapter 1. Awaken

Open your eyes in the grey twilight of morning, when the world still slumbers in its deceptive silence. Awaken not in body — but in soul. Remember: yesterday has gone, tomorrow is a mirage, today is your only anchor in the flow. Cast off the fetters of sleep, sloth, and fear. Rise. Breathe in the chaos of life. What if this moment is both the first and the last? Write: what shall truly awaken you?

## Chapter 2. Smile

Smile at the mirror, at a stranger, at the storm beyond the window. Not falsely — sincerely, from that depth where joy hides beneath the layers of weariness. A smile is a revolt against greyness, a spark that kindles the flow. It heals wounds; it draws in light. In a world where all crumbles, your smile is an act of creation. Write: to whom or to what shall you offer it today?

## **Chapter 3. Breathe**

Breathe deeply, as the roots of a tree breathe in the earth. Every inhalation is life; every exhalation, liberation. In the rhythm of breathing lies the whole cosmos: birth, pulse, fading. Forget the bustle; feel the flow within your lungs. Without breath, there is nothing. Write: what suffocates you, and how shall you inhale freedom?

## Chapter 4. Drink

Drink water as the elixir of forgotten gods — pure, ice-cold, drawn from the wellspring of being. Drink the wine of passion, the tears of loss, the nectar of love. The body is a vessel, thirsting to be filled. In every drop lies a reminder: life flows — do not stand upon the bank. Write: what shall quench your true thirst?

## **Chapter 5. Act**

Act without deliberating the cost. Step into the unknown; push the stone from the mountain. Inaction is death in life; the flow stagnates into a swamp. Every gesture alters the river. Write: what step shall overturn your flow right now?

## Chapter 6. Love

Love without reserve — body, soul, the chaos of the world. Love is a fire that melts boundaries, that binds within the flow. It wounds, it resurrects, it renders eternal. Fear not the pain — it is the price of wholeness. Write: whom or what do you love so fiercely that you are prepared to burn?

## **Chapter 7. Sleep**

Sleep as the dead sleep, sinking into the abyss of dreams where the flow whispers its secrets. Sleep is not escape but rebirth, a charge for the battle with the day. In darkness, visions are born. Write: what did you dream last night?

## **Chapter 8. Suckle**

Suckle the juices of life — the breast of Mother Earth, the lips of a beloved, the fruits of passion. The instinct is primordial, animal, honest. In this act lie the roots of survival, pure thirst. Do not be ashamed — the flow begins in the depths of the body. Write: from what do you draw your strength?

## **Chapter 9. Stand**

Stand firm, as a rock in a roaring current. Do not bend beneath the wind of misfortune, doubt, or the waves of others. Stand for yourself, so that the flow may respect your will. Write: where shall you falter, and how shall you strengthen your roots?

## **Конец ознакомительного фрагмента.**

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