

A Monk's Guide To A Clean House And Mind

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A Monk's Guide to a Clean House and Mind download or read online Shoukei Matsumoto PDF gratuito per e-book / ePub / Mobi / Mp3 / Txt, Little known fact: Buddhist Monks are amazing at cleaning and tidying. In this one-of-a-kind guide to cleaning your home, Buddhist monk Shoukei Matsumoto reveals how to make your home as spotless as it is tranquil and peaceful.

For Buddhist monks cleaning well is a cardinal skill and, in *A Monk's Guide to a Clean House and Mind*, readers will discover their never-before-shared cleaning pro tips. In the Zen Buddhist tradition, true enlightenment is impossible if your home has even a speck of dust and, as such, Buddhist monks have much to teach us lay people about achieving a truly Zen clean.

A Monk's Guide to a Clean House and Mind features charming illustrations and step-by-step instructions on such essential household cleansing tips as:

- * **First, Air It Out:** Before cleaning anything Monk's first open the temple windows to purify the air and let the crisp morning breeze in.
- * **Don't Procrastinate:** 'Zengosaidan ' is a Zen expression meaning that one should put all their efforts into each day so they have no regrets. In the context of cleaning, this means don't put off cleaning those dishes you've left in the sink.
- * **Remember to Put On Your Samue:** Samue robes are worn by Japanese monks when they perform their daily duties of cleaning and looking after the temple. Easy to move in and to wash and care for, they are the perfect cleaning attire.

From cleaning up everything from your kitchen sink, toilet, and that pile of unidentified stuff in the corner of your garage to your mind, body, and spirit, this book will guide you in creating a home environment that will calm your thoughts and nourish your soul.

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