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between horse and
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perfectly physically
usually take more
time to obtain the
true way of Zen,
the actual feeling of
Zen, the marrow of
Zen. But those who

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find great
difficulties in
practicing Zen will
find more meaning
in it. So I think that
sometimes the best
horse may be the
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the worst horse can
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~~Shunryu Suzuki:
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one doesn't matter.

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Horse recently won

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category.

Hamilton's first book, *The Scalpel & The Soul*, won the Silver Nautilus Award in 2009. The award's been won in the past by His Holiness the Dalai Lama, Eckhart Tolle, and Deepak Chopra. Look for "Zen Mind Zen Horse" on

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