

Zen



Shredding

[Insights, Questions and Confessions of a Meditator and Novice Snowboarder
on the pursuit of dreams, inspiration, passion and change.]

m sean symonds



Fulfillment in life occurs as a result of the pursuit of our dreams and the cultivation of our awareness of the divinity that lies within us. Human beings crave inspiration; unfortunately, many of us have lost touch with the value and meaning of inspiration. We have the ability to ignite the fire of inspiration within us by cultivating Who We Are and by actively pursuing the dreams we were all born with. As we discover Who We Are while pursuing our dreams, change becomes a natural way of being.

Zen Shredding is a book of practical and spiritual insights with narrated anecdotes on how a simple choice for change can open the doorway of experience, expression and possibility. It's an invitation and exploration of how to engage the process of your dreams and life by discovering and

immersing yourself in specific insights and questions that create the preamble for the effortless expression of change and transformation.

Partial proceeds of the sale of this book will be donated to Zero Ceiling, an unbiased charitable society that offers innovative snowboarding programs to at-risk youth and street youth from Vancouver and Montreal on the slopes of Whistler BC, the Laurentians and Mont Tremblant, Quebec. Through adventure-based learning, employment skills training and personal development, Zero Ceiling is making a difference.

For more information on this project please see "Initiatives" section of this book or surf : <http://www.zeroceiling.org>