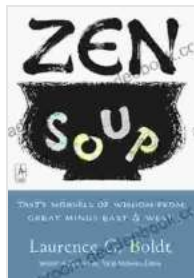


Zen Soup Compass: Embracing the Wisdom of the East for Western Living

What is Zen Soup Compass?

Zen Soup Compass is a website and blog dedicated to exploring the wisdom of the East and applying it to Western living. Created by Laurence Boldt, a former Zen monk, Zen Soup Compass offers a unique perspective on how to live a more mindful, compassionate, and purposeful life.



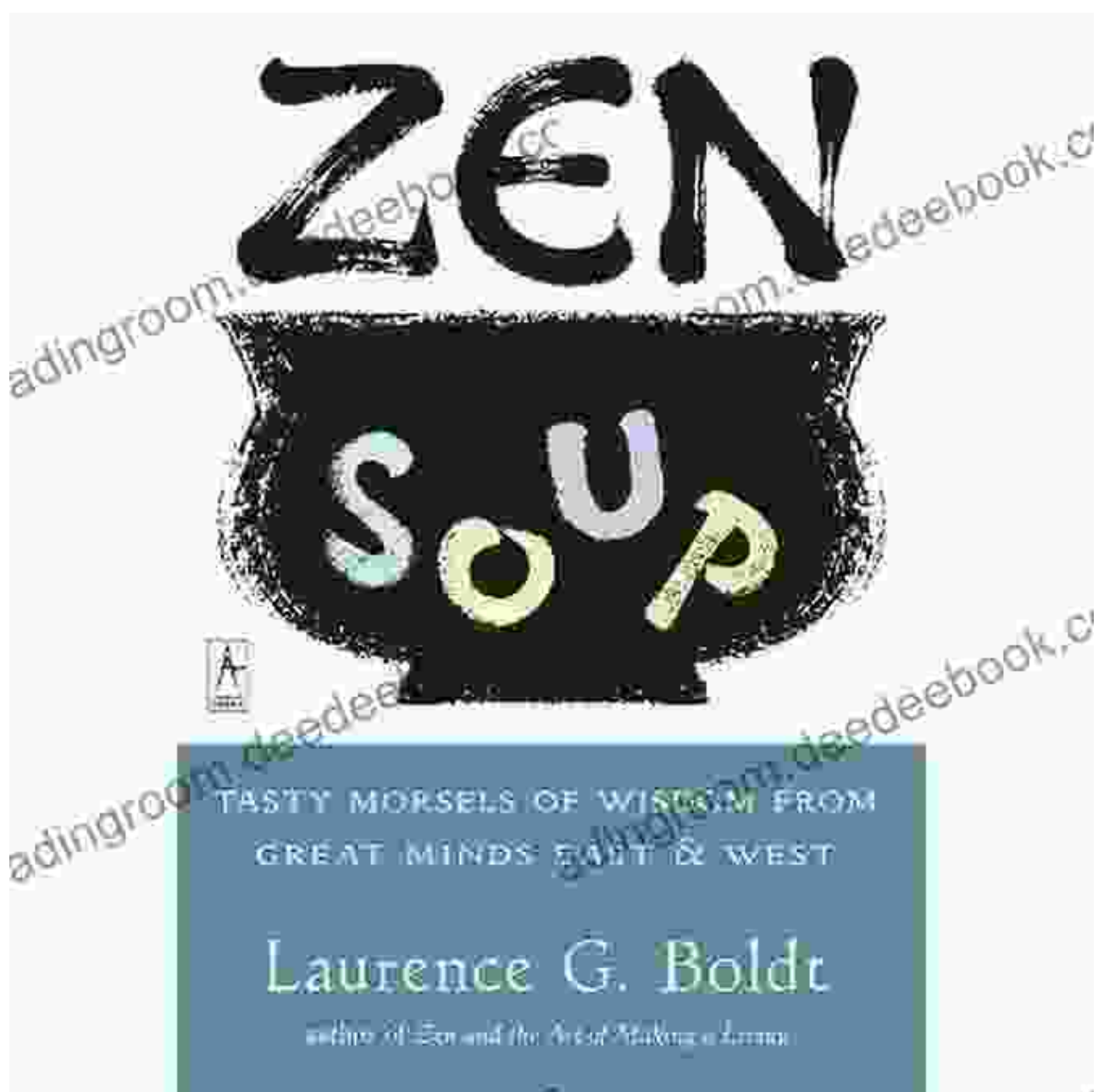
Zen Soup (Compass) by Laurence G. Boldt

★★★★★ 5 out of 5

| | |
|----------------------|-------------|
| Language | : English |
| File size | : 275 KB |
| Text-to-Speech | : Enabled |
| Screen Reader | : Supported |
| Enhanced typesetting | : Enabled |
| Word Wise | : Enabled |
| Print length | : 212 pages |



The website features a variety of articles, videos, and podcasts on topics such as meditation, mindfulness, Buddhism, and Eastern philosophy. Laurence also offers online courses and workshops on these topics.



Laurence Boldt, founder of Zen Soup Compass

The Wisdom of the East

The wisdom of the East has been around for centuries, and it has a lot to offer us in the West. Eastern philosophy teaches us about the importance of mindfulness, compassion, and living in harmony with the natural world.

Zen Soup Compass explores these teachings and shows us how to apply them to our own lives. Laurence Boldt draws on his own experience as a Zen monk to offer practical advice and guidance on how to live a more mindful and meaningful life.

Applying Eastern Wisdom to Western Living

Zen Soup Compass is not just about teaching Eastern philosophy. It's about showing us how to apply these teachings to our own lives in the West. Laurence Boldt offers practical advice on how to incorporate mindfulness into our daily lives, how to cultivate compassion towards ourselves and others, and how to live in harmony with the natural world.

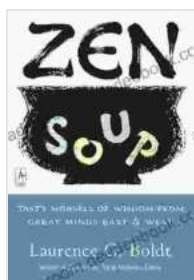
Zen Soup Compass is a valuable resource for anyone who is interested in learning more about Eastern wisdom and applying it to their own lives. Laurence Boldt's insights and guidance can help us to live more mindful, compassionate, and purposeful lives.

Zen Soup Compass is a unique and valuable resource for anyone who is interested in exploring the wisdom of the East and applying it to Western living. Laurence Boldt's insights and guidance can help us to live more mindful, compassionate, and purposeful lives.

I encourage you to visit the Zen Soup Compass website and explore the many resources that are available. You can also follow Zen Soup Compass on social media to stay up-to-date on the latest news and events.

- [Zen Soup Compass website](#)
- [Zen Soup Compass on Facebook](#)
- [Zen Soup Compass on Twitter](#)

- Zen Soup Compass on Instagram



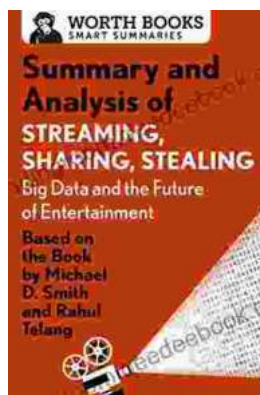
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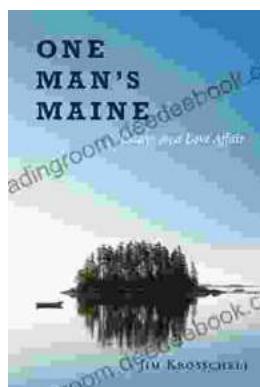
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