
Taking The Path Of Zen

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FINAL THOUGHT

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Taking the Path of Zen *North Point Press*

There is a fine art to presenting complex ideas with simplicity and insight, in a manner that both guides and inspires. In *Taking the Path of Zen* Robert Aitken presents the practice, lifestyle, rationale, and ideology of Zen Buddhism with remarkable clarity. The foundation of Zen is the practice of zazen, or meditation, and Aitken Roshi insists that everything flows from the center. He discusses correct breathing, posture, routine, teacher-student relations, and koan study, as well as common problems and milestones encountered in the process. Throughout the book the author returns to zazen, offering further advice and more advanced techniques. The orientation extends to various religious attitudes and includes detailed discussions of the Three Treasures and the Ten Precepts of Zen Buddhism. *Taking the Path of Zen* will serve as orientation and guide for anyone who is drawn to the ways of Zen, from the simply curious to the serious Zen student.

Taking the Path of Zen *Macmillan*

Examines the fundamental principles of Zen Buddhism, discusses how to put these beliefs in practice in everyday life, and describes Zen customs and ceremonies

Taking the Path of Zen *Macmillan*

Examines the fundamental principles of Zen Buddhism, discusses how to put these beliefs in practice in everyday life, and describes Zen customs and ceremonies

Taking the Path of Zen**The Mind of Clover****Essays in Zen Buddhist Ethics** *North Point Press*

In *Taking the Path of Zen*, Robert Aitken provided a concise guide to zazen (Zen meditation) and other aspects of the practice of Zen. In *The Mind of Clover* he addresses the world beyond the zazen cushions, illuminating issues of appropriate personal and social action through an exploration of the philosophical complexities of Zen ethics. Aitken's approach is clear and sure as he shows how our minds can be as nurturing as clover, which enriches the soil and benefits the environment as it grows. The opening chapters discuss the Ten Grave Precepts of Zen, which, Aitken points out, are "not commandments etched in stone but expressions of inspiration written in something more fluid than water." Aitken approaches these precepts, the core of Zen ethics, from several perspectives, offering many layers of interpretation. Like ripples in a pond, the circles of his interpretation increasingly widen, and he expands his focus to confront corporate theft and oppression, the role of women in Zen and society, abortion, nuclear war, pollution of the environment, and other concerns. *The Mind of Clover* champions the cause of personal responsibility in modern society, encouraging nonviolent activism based on clear convictions. It is a guide that engages, that invites us to realize our own potential for confident and responsible action.

Original Dwelling Place**Zen Buddhist Essays** *Counterpoint*

In this collection of twenty-three essays, Robert Aitken retraces the origins of American Zen Buddhism and provides readings of influential texts. Reflecting on death, on marriage, and on Zen practice, Aitken always points out the path to pleasure in the everyday dewdrop world. There is a fine art to presenting complex ideas with simplicity and insight in a manner that both shepherds and inspires. Robert Aitken's *Original Dwelling Place: Zen Buddhist Essays* succeeds in doing just this, offering twenty-three essays from America's senior Zen roshi and author of the bestselling, groundbreaking primer *Taking the Path of Zen*. Just as *Taking the Path of Zen* is the definitive handbook for Zen practice, the essays gathered in *Original Dwelling Place* are essential for the light they shed on Aitken Roshi's own journey and the effect he has had on American Zen Buddhism. Gathered here are essays about the Zen texts Aitken has studied with avidity and close attention throughout the years; texts that were early and lasting influences.

The Zen Revolution *H. Grevemberg*

The American spirit of self-reliance goes hand in hand with the mystical tradition of Zen -- yet it hasn't found its own bare wire. The best revolution, and the domain of the Zen adept, is an inner one. The *Zen Revolution* reads like a novel, each compelling chapter revealing another nuance -- the whole gamut, from origin to fiery culmination. Delving into both the spiritual and worldly aspects with equal candor, *The Zen Revolution* takes on the basic question of existence, perhaps the most important question we face. There's a new adventure in every chapter, leading to an eventual breakthrough -- something nearly unheard of in the Zen

literature of the West

Encouraging Words

Zen Buddhist Teachings for Western Students *Pantheon*

"The inspiration that guided monks and nuns in ancient times is our own deepest incentive as we establish our practice in a world that desperately needs new forms of kinship and love." —Robert Aitken *Encouraging Words* is a collection of short talks and brief essays that Aitken Roshi has offered his students at meditation retreats during the past two decades. They are arranged according to themes central to all spiritual seekers—attention, emptiness, coming and going, diligence, death and the afterlife, the sacred self, and the moral path. Aitken provides guidance on pursuing religious practice in a lay context, “re-casting the Dharma to include women, jobs, and family.” He also charts his own quest to develop a set of moral codes in keeping with Buddhism's basic precepts and honoring the enormous ethical challenges faced in the twentieth century. *Encouraging Words* was nominated for the Tricycle Prize for Outstanding Contribution to Buddhism in America.

Miniatures of a Zen Master *Catapult*

For more than four decades, Robert Aitken Roshi has taught thousands of people the Buddhist practice of Zen meditation, and has led hundreds through their practice of the study of traditional koans. He has authored more than a dozen books, including a celebrated appreciation of Basho's haiku; volumes of commentary on sacred texts; works on ethics, daily life, and

social action; and one of the best-loved introductions to Zen Buddhism, *Taking the Path of Zen*. After a long and remarkable life—he will be 91 years old when this collection is published—Aitken Roshi offers a collection of 266 short texts. Some are clearly parables; others are simple stories, quotations, memories, and commentaries. Resembling Benjamin Franklin's *Almanac* or the epigrams of Chamfort as much as it does work from ancient sages, this collection of "miniatures" distills a life devoted to teaching and awareness. Any person living a considered life, whether secular humanist or religious seeker, will find this a book of rich inspiration.

Everyday Zen

Love and Work *Harper Collins*

Charlotte Joko Beck offers a warm, engaging, uniquely American approach to using Zen to deal with the problems of daily living—love, relationships, work, fear, ambition, and suffering. *Everyday Zen* shows us how to live each moment to the fullest. This Plus edition includes an interview with the author.

The Zen Path Through Depression *Harper Collins*

A Compassionate and Spiritual Approach to Rediscovering Joy Using easy-to-follow techniques and practical advice, Philip Martin shows you how to ease depression through the spiritual practice of Zen. His lessons, full of gentle guidance and sensitivity, are a product of his experiences in using Zen practices and wisdom to alleviate his own depression. Each chapter focuses on a different aspect of depression and

recommends a meditation or reflection. With these tools, coping with depression becomes a way to mend the spirit while enriching the soul.

The Morning Star

New and Selected Zen Writings *Counterpoint Press*

"The Morning Star is a refinement of the thoughts of a Zen Buddhist writer and teacher known for his clarity, compassion and insight. The introduction to this volume offers Robert Aitken's latest presentation of Zen practice, addressing the great matter from a historical and personal perspective. This wonderful, long piece is followed by twenty-nine essays, gathered into three sections: "The Basics," "Commentaries," and "Reflections." Aitken has selected work from his previous books and added much new material never before available in book form. The resulting capstone becomes a book to cherish and study for all people interested in the spiritual path."--BOOK JACKET.

Ambivalent Zen

One Man's Adventures on the Dharma Path *Vintage*

A wise and witty account of one man's life-long quest for spiritual enlightenment follows Shainberg's odyssey through psychoanalysis, karate, apprenticeships with Zen masters, and more, in pursuit of illumination. Reprint. 17,500 first printing.

The Way of Zen *Vintage*

In his definitive introduction to Zen Buddhism, Alan Watts ("the

perfect guide for a course correction in life" —Deepak Chopra), explains the principles and practices of this ancient religion. With a rare combination of freshness and lucidity, he delves into the origins and history of Zen to explain what it means for the world today with incredible clarity. Watts saw Zen as "one of the most precious gifts of Asia to the world," and in *The Way of Zen* he gives this gift to readers everywhere. "Perhaps the foremost interpreter of Eastern disciplines for the contemporary West, Watts had the rare gift of 'writing beautifully the unwritable.'" —Los Angeles Times

Love, Rōshi

Robert Baker Aitken and His Distant Correspondents *SUNY Press*

Robert Aitkens correspondence with Buddhist sympathizers and solo practitioners reveals a significant, little-understood aspect of American Buddhism. *Love, Rōshi* explores the relationship between Robert Baker Aitken (1917-2010), American Zen teacher and author, and his distant correspondents, individuals drawn to Zen teachings and practice through books. Aitken, founder of the Honolulu Diamond Sangha, promoted Zen to a wide audience in works such as *Taking the Path of Zen* and *The Mind of Clover*. Aitkens twentieth-century American Zen valued social justice and was compatible with work and family life. Helen J. Baroni makes use of Aitkens extensive correspondence preserved in an archive at the University of Hawaii to provide a window to view the beliefs and practices of the least-studied and a difficult to study segment of the Western Buddhist community, Buddhist

sympathizers and solo practitioners. The book looks at the concerns of these correspondents, which included questions on meditation, dealing with isolation as a Buddhist, finding teachers and disillusion with teachers, and being a Buddhist in prison, among a myriad of other matters. The writers letters reveal much about their notion of Zen and their image of a Zen master. Coverage of Aitkens responses provides insight into the accommodation of solo practitioners and into the development of a particular strain of American Buddhism.

Taking Our Places

The Buddhist Path to Truly Growing Up *Harper Collins*

This engaging contemplation of maturity addresses the long neglected topic of what it means to grow up, and provides a hands-on guide for skilfully navigating the demands of our adult lives. Growing up happens whether we like it or not, but maturity must be cultivated. Challenged to consider his own sense of maturity while mentoring a group of teenage boys, Fischer began to investigate our preconceptions about what it means to be "an adult" and shows how crucial true maturity is to leading an engaged, fulfilled life. *Taking Our Places* details the marks of a mature person and shows how these attributes can help alleviate our suffering and enrich our relationships. Discussing such qualities as awareness, responsibility, humour, acceptance, and humility, Fischer brings a fresh and at times surprising new perspective that can turn old ideas on their heads and reinvigorate our understanding of what it means to be mature.

The Book of Zen

The Path to Inner Peace *Barrons Educational Series Incorporated*

Offers an illustrated introduction to the history and ideologies of Zen Buddhism.

Zen and the Art of Running

The Path to Making Peace with Your Pace *Simon and Schuster*

Draws on Zen philosophies to counsel runners on how to achieve better results by aligning the body and mind for success, providing case testimonials while providing coverage of topics ranging from staying committed and training mindfully to visualizing goals and accepting limitations. Original.

Momma Zen

Walking the Crooked Path of Motherhood *Shambhala Publications*

Combining humor, honesty, and plainspoken advice, Momma Zen distills the doubts and frustrations of parenting into vignettes of Zen wisdom. Drawing on her experience as a first-time mother, and on her years of Zen meditation and study, Miller explores how the daily challenges of parenthood can become the most profound spiritual journey of our lives. This compelling and wise memoir follows the timeline of early motherhood from pregnancy through toddlerhood. Momma Zen takes readers on a

transformative journey, charting a mother's growth beyond naive expectations and disorientation to finding fulfillment in ordinary tasks, developing greater self-awareness and acceptance—to the gradual discovery of "maternal bliss," a state of abiding happiness and ease that is available to us all. In her gentle and reassuring voice, Karen Miller convinces us that ancient and authentic spiritual lessons can be as familiar as a lullaby, as ordinary as pureed peas, and as frequent as a sleepless night. She offers encouragement for the hard days, consolation for the long haul, and the lightheartedness every new mom needs to face the crooked path of motherhood straight on.

Mountain Record of Zen Talks *Shambhala Publications*

In this treasury of Zen wisdom based on his talks, the abbot of Zen Mountain Monastery in Mt. Tremper, New York, explores the eight areas of study that are the focus for training in his community: meditation, study with the teacher, liturgy, art practice, body practice, the study of scriptures, work practice, and the moral and ethical teachings. John Daido Loori also covers such topics as koans, the martial arts, and illness and healing, and he makes intriguing observations about the spirit and requirements of Zen in America.

Being Upright

Zen Meditation and Bodhisattva Precepts *Shambhala Publications*

Being Upright takes us beyond the conventional interpretation of ethical precepts to the ultimate meaning that informs them. Reb

Anderson first introduces us to the fundamental ideas of Zen Buddhist practice. Who was Shakyamuni Buddha and what was his central teaching? What does it mean to be a bodhisattva and take the bodhisattva vow? Why should we confess and acknowledge our ancient twisted karma? What is the significance of taking refuge in Buddha, dharma, and sangha? The author explores the ten basic precepts, including not killing, not stealing, not lying, not misusing sexuality, and not using intoxicants. A gifted storyteller, Anderson takes us to the heart of situations, where moral judgments are not easy and we do not have all the answers. With wisdom and compassion, he teaches us how to confront the emotional and ethical turmoil of our lives.

Endless Path

Awakening Within the Buddhist Imagination: Jataka Tales, Zen Practice, and Daily Life *North Atlantic Books*

***WINNER, 2011 Storytelling World Resource Award - Best Storytelling Collection The jataka tales—stories of the Buddha's past lives (in both human and animal form)—were first said to have been told by the Buddha himself 2,500 years ago. Five hundred and fifty jataka tales comprise part of the oldest Buddhist text, the Pali Canon. From this wealth of folklore, award-winning author and storyteller Rafe Martin has chosen ten tales that illustrate the ideals of the Buddhist paramitas, or "perfections" of character: giving, morality, forbearance, vitality, focused meditation, wisdom, compassionate skillful means, resolve, strength, and knowledge. Artist and designer Richard Wehrman helps bring the spirit of these stories alive with rich

illustrations that open each chapter. Endless Path presents these ancient stories, usually reduced to children's tales in the West, for adults, reconnecting modern seekers with the more imaginative roots of Buddhism. The jatakas help readers see their own lives, their failures and renewed efforts, in the same light as the challenges the Buddha faced—not as obstacles but as opportunities for developing character and self-understanding. Endless Path demonstrates the relevance of these tales to Buddhist lay practitioners today, as well as to those more broadly interested in Buddhist teaching and the ancient art of storytelling. From the Trade Paperback edition.

A Thousand Paths to Zen *Spruce*

Zen is a path to spiritual fulfilment. In order to follow it you need to be able to do two things: sit on your butt and breathe. How hard is that? Do you need to be a buddhist to do Zen? No. Zen and Buddhism are kissing cousins but they aren't married. Any Christian, Jew, Muslim, or atheist can study Zen without comprising his or her beliefs. There are three things that will help along the way: great faith - not faith in a Christian sense but simply a firm belief that the Zen path will lead to enlightenment; great doubt - you must be prepared to take nothing for granted and examine everything for yourself from the ground up; and great perseverance - Zen is not instant enlightenment, it takes years of constant effort. Travel the path and enjoy!Â

Opening the Hand of Thought

Foundations of Zen Buddhist Practice *Simon and Schuster*

For over thirty years, *Opening the Hand of Thought* has offered an introduction to Zen Buddhism and meditation unmatched in clarity and power. This is the revised edition of Kosho Uchiyama's singularly incisive classic. This new edition contains even more useful material: new prefaces, an index, and extended endnotes, in addition to a revised glossary. As Jisho Warner writes in her preface, *Opening the Hand of Thought* "goes directly to the heart of Zen practice... showing how Zen Buddhism can be a deep and life-sustaining activity." She goes on to say, "Uchiyama looks at what a person is, what a self is, how to develop a true self not separate from all things, one that can settle in peace in the midst of life." By turns humorous, philosophical, and personal, *Opening the Hand of Thought* is above all a great book for the Buddhist practitioner. It's a perfect follow-up for the reader who has read *Zen Meditation in Plain English* and is especially useful for those who have not yet encountered a Zen teacher.

The Practice of Perfection

The Paramitas from a Zen Buddhist Perspective *Pantheon*

Robert Aiken, author of *Encouraging Words* and *Taking the Path of Zen*, is America's most senior Zen Rōshi. In this new book he presents the Ten Pāramitās, of Transcendental Perfections—namely, giving, mortality, forbearance, zeal, focused meditation, wisdom, compassionate means, aspiration, spiritual power, and knowledge—two-thousand-year-old ideals that can serve us as both methods and goals. The Pāramitās are the "skillful means" a person may employ to nurture and develop his or her spiritual and moral life. In religious instruction we are often

met by restrictions, and are told what not to do. The Pāramitās, explained from a Zen perspective, offer the seeker ten positive means of action, ten ways to live a life of clarity and grace in a modern world where neither seems easy or even possible. The transcendental perfections can lead us toward a life that is both spiritually invigorated and socially engaged. Aitken Rōshi's way of teaching—anecdotal, careful, insightful, and easily accessible—leads us further along the path of harmony and balance. Each of the inspiring and instructional essays in this book is followed by a section in which Aitken answers questions most often asked by his own students in their course of study. *The Practice of Perfection* will be useful to seekers of all cultures and faiths.

Appreciate Your Life

The Essence of Zen Practice *Shambhala Publications*

Here is the first major collection of the teachings of Taizan Maezumi Rōshi (1931-1995), one of the first Japanese Zen masters to bring Zen to the West and founding abbot of the Zen Center of Los Angeles and Zen Mountain Center in Idyllwild, California. These short, inspiring readings illuminate Zen practice in simple, eloquent language. Topics include zazen and Zen koans, how to appreciate your life as the life of the Buddha, and the essential matter of life and death. *Appreciate Your Life* conveys Maezumi Rōshi's unique spirit and teaching style, as well as his timeless insights into the practice of Zen. Never satisfied with merely conveying ideas, his *teishō*, the Zen talks he gave weekly and during retreats, evoked personal questions from his

students. Maezumi Roshi insisted that his students address these questions in their own lives. As he often said, "Be intimate with your life." The readings are not teachings or instructions in the traditional sense. They are transcriptions of the master's teisho, living presentations of his direct experience of Zen realization. These teisho are crystalline offerings of Zen insight intended to reach beyond the student's intellect to her or his deepest essence.

Zen Confidential

Confessions of a Wayward Monk *Shambhala Publications*

These hilarious essays on life inside and outside a Zen monastery make up the spiritual memoir of Shozan Jack Haubner, a Zen monk who didn't really start out to be one. Raised in a conservative Catholic family, Shozan went on to study philosophy (becoming de-Catholicized in the process) and to pursue a career as a screenwriter and stand-up comic in the clubs of L.A. How he went from life in the fast lane to life on the stationary meditation cushion is the subject of this laugh-out-loud funny account of his experiences. Whether he's dealing with the pranks of a juvenile delinquent assistant in the monastery kitchen or defending himself against claims that he appeared in a porno movie under the name "Daniel Reed" (he didn't, really) or being surprised in the midst of it all by the compassion he experiences in the presence of his teacher, Haubner's voice is one you'll be compelled to listen to. Not only because it's highly entertaining, but because of its remarkable insight into the human condition.

Searching for the Path Within

From Poetry to Zen in the Sixties

At the dawn of the sixties, inspired by the Beat Generation to search for meaning, Christopher Lennox took time off from college to explore the creative ferment of modern jazz and avant-garde arts while living in New York's East Village and tutoring reading in Harlem. That summer he traveled through Mexico to Yucatán, writing along the way, then returned to college and studied poetry. In 1966 he went to San Francisco in time for the rising counterculture and protests against the Vietnam War. There he began to practice Zen meditation, in the city and at Tassajara Zen Mountain Center. Years later, he taught writing and literature, traveled in Europe and Asia, and continued meditating, writing, and translating poetry. Eventually he wrote this memoir of his experiences in the sixties. The narrative is interwoven with poems, including new translations of Rilke and Basho, and descriptions of listening to live jazz, rock, and blues. Filled with unexpected adventures, difficult lessons, and moments of insight, this is the story of finding a path of deeper awareness in everyday life.

What Is Zen?

Plain Talk for a Beginner's Mind *Shambhala Publications*

An thorough introduction to Zen Buddhist practice—in a reader-friendly question-and-answer format—by two highly regarded teacher-writers. This unique introduction to Zen teaching and practice is structured as a Q&A, making it a most useful reference

for new and seasoned practitioners to look things up. The questioner (Susan Moon) and the answerer (Norman Fischer) are Buddhist teachers and old friends, each with a unique gift for articulation. Their friendly conversation covers not only the basics of Zen Buddhism but a range of issues unique to Zen in America in the twenty-first century, including: • What is zazen and how do you do it? • Where did Zen start and where did it come from? • Will I have an enlightenment experience? • What is the law of karma in a nutshell? • What do Zen Buddhists say about rebirth? • How do you recognize a good, solid Zen teacher? Moon and Fischer's conversations are both humorous and informative, providing a good basic education in Zen—not only the history, theory, and practice but also contemporary issues such as gender inequality, sexual ethics, and the tension between Asian traditions and the modern American reality.

The Rinzai Zen Way

A Guide to Practice *Shambhala Publications*

The first accessible beginner's guide to Rinzai Zen practice. The recognition of the true nature of oneself and the universe is the aim of Rinzai Zen—but that experience, known as kensho, is really just the beginning of a life of refining that discovery and putting it into practice in the world. Rinzai, with its famed discipline and its emphasis on koan practice, is one of two main forms of Zen practiced in the West, but it is less familiar than the more prominent Soto school. Meido Moore here remedies that situation by providing this compact and complete introduction to Zen philosophy and practice from the Rinzai perspective. It's an

excellent entrée to a venerable tradition that goes back through the renowned Hakuin Ekaku in eighteenth-century Japan to its origins in Tang dynasty China—and that offers a path to living with insight and compassion for people today.

Chinese Zen

A Path to Peace and Happiness *Shanghai Press*

In Chinese Zen, author Prof. Yansheng shows how Zen, with its universal concern for the human condition, can help the individual achieve happiness and spiritual stability through a "eureka moment" of enlightenment that liberates the mind from its world of competing interests. By drawing on the vast literature of Chinese Zen Buddhism, Prof. Yansheng presents traditional Buddhist sayings, stories and dialogues that illustrate the way historical masters of Zen sought to induce their pupils to reduced inner conflict. In so doing, he allows the reader a panoramic view of the origins and development of Zen Buddhism in China and demonstrates its influence on literature in particular.

Zen Meditation in Plain English *ReadHowYouWant.com*

An excellent, practical introduction to Zen meditation. Written in a warm and easily accessible style, the book appeals to anyone with an interest in meditation, Zen, or, as is often the case today, a combination of the two. The book emphasizes the importance of receiving good instruction and of finding groups to practice with, yet it lays out the necessary steps to practice Zen meditation on your own. The book includes easily followed exercises to help the reader along. For anyone looking to uncover

a clear and insightful path into the philosophy and practice of Zen meditation, this book represents the culmination of that search

Endless Vow

The Zen Path of Soen Nakagawa *Random House Incorporated*
Gathers Nakagawa's poems, letters, journal entries, other writings, and calligraphy, and shares the reminiscences of some of his students

Living by Vow

A Practical Introduction to Eight Essential Zen Chants and Texts *Simon and Schuster*

A Sot Zen priest and Dharma successor of Kosho Uchiyama Roshi explores eight of Zen's most essential and universal liturgical texts and explains how the chants in these works support meditation and promote a life of freedom and compassion.

Untrain Your Parrot

And Other No-nonsense Instructions on the Path of Zen *Shambhala Publications*

This book offers exercises, instructions, jokes, stories, pithy quotes, and—most of all—encouragement to anyone interested in exploring Zen but who may find traditional presentations severe or intimidating. Hamilton writes with an easygoing, friendly style that invites readers of all backgrounds to sit down and give meditation a try. But don't be fooled by her puns and

checklists—this is serious Zen. Drawing on three decades of experience as a Zen practitioner and teacher, Hamilton explains how to meditate and how to maintain an ongoing practice. From there, in her clear, lighthearted, and humorous style, she moves right to the heart of Zen, showing us how we could move beyond our concepts, expectations, and emotional reactivity to touch the reality of our lived experience with openness and simplicity, thereby finding freedom. *Untrain Your Parrot* includes simple instructions to clarify and elucidate the basics: • how to establish a beginning meditation practice • how to develop physical, mental, and emotional awareness • how to experience "open" awareness—observing one's practice while allowing for a sense of spaciousness with whatever occurs For more information on the author, Elizabeth Hamilton, go to www.zencentersandiego.org.

Zen and the Art of Happiness *SCB Distributors*

The gentle wisdom of "Zen and the Art of Happiness" shows how to invite magnificent experiences into your life and create a philosophy that will sustain you through anything. The Zen of doing anything is to behave with a particular state of mind that brings the experience of enlightenment to even everyday facts -- and through that experience, happiness.

Being Zen

Bringing Meditation to Life *Shambhala Publications*

We can use whatever life presents, Ezra Bayda teaches, to strengthen our spiritual practice—including the turmoil of daily life. What we need is the willingness to just be with our

experiences—whether they are painful or pleasing—opening ourselves to the reality of our lives without trying to fix or change anything. But doing this requires that we confront our most deeply rooted fears and assumptions in order to gradually become free of the constrictions and suffering they create. Then we can awaken to the loving-kindness that is at the heart of our being. While many books aspire to bring meditation into everyday experience, *Being Zen* gives us practical ways to actually do it, introducing techniques that enable the reader to foster qualities essential to continued spiritual awakening. Topics include how to cultivate:

- Perseverance: staying with anger, fear, and other distressing emotions.
- Stillness: abiding with chaotic experiences without becoming overwhelmed.
- Clarity: seeing through the conditioned beliefs and fears that "run" us.
- Direct experience: encountering the physical reality of the present moment—even when that moment is exactly where we don't want to be.

Like Pema Chödrön, the best-selling author of *When Things Fall Apart*, Ezra Bayda writes with clear, heartfelt simplicity, using his own life stories to illustrate the teachings in an immediate and accessible way that will appeal to a broad spectrum of readers.

Bringing Meditation to Life

108 Teachings on the Path of Zen Practice *Oakwood Publications*

"Meditation is not just something we do on the cushion, it's a way of living." Zen teacher Claude AnShin Thomas shares his experiences and insights into how Zen teachings and practice can

move off the meditation cushion and into everything we do, transforming all aspects of our lives. *Bringing Meditation to Life* features 108 pithy and potent teachings for inspiration and contemplation, drawn from Claude AnShin's public talks and previous writings. Interspersed throughout the book are some of the author's favorite quotes from Zen literature.

Being Black

Zen and the Art of Living with Fearlessness and Grace *Penguin*

"Honest, courageous... Williams has committed an act of love."—Alice Walker "A classic."—Jack Kornfield There truly is an art to being here in this world, and like any art, it can be mastered. In this elegant, practical book, Angel Kyodo Williams combines the universal wisdom of Buddhism with an inspirational call for self-acceptance and community empowerment. Written by a woman who grew up facing the challenges that confront African-Americans every day, *Being Black* teaches us how a "warrior spirit" of truth and responsibility can be developed into the foundation for real happiness and personal transformation. With her eloquent, hip, and honest perspective, Williams—a Zen priest, social activist, and entrepreneur—shares personal stories, time-tested teachings, and simple guidelines that invite readers of all faiths to step into the freedom of a life lived with fearlessness and grace.

Learn Zen Meditation

The Path Through the Gateless Gate *Duncan Baird Publishers*

A unique, illustrated, practical guide, showing how Zen

meditation can aid relaxation, help us to handle our emotions, and lead us along the path to fulfilment.