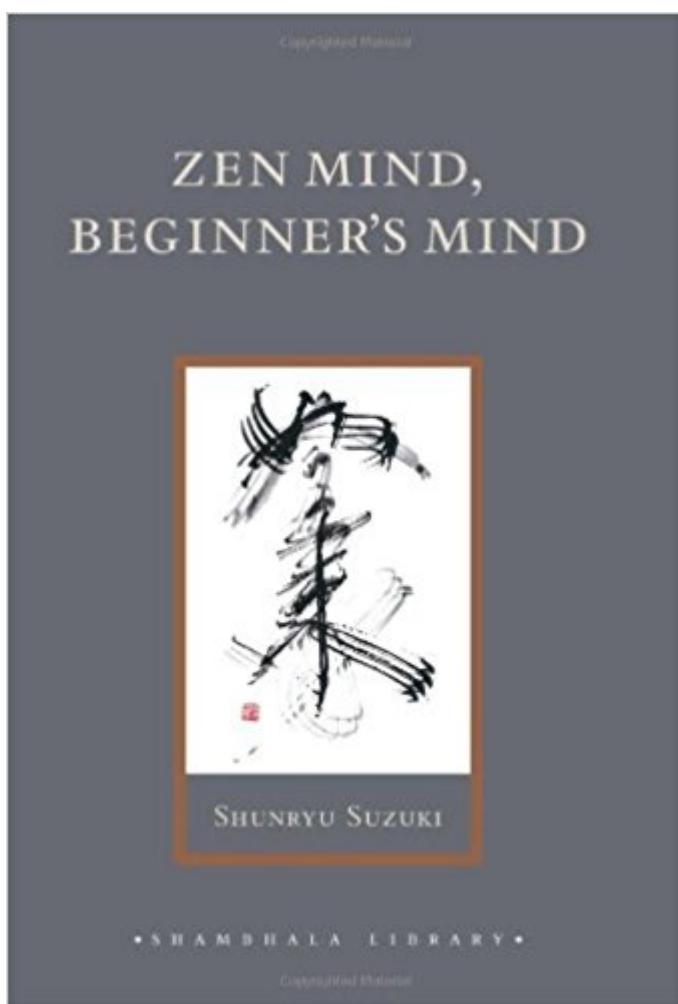


The book was found

Zen Mind, Beginner's Mind: Informal Talks On Zen Meditation And Practice (Shambhala Library)



Synopsis

"In the beginner's mind there are many possibilities, but in the expert's there are few." So begins this most beloved of all American Zen books. Seldom has such a small handful of words provided a teaching as rich as has this famous opening line of Shunryu Suzuki's classic. In a single stroke, the simple sentence cuts through the pervasive tendency students have of getting so close to Zen as to completely miss what it's all about. An instant teaching on the first page. And that's just the beginning. In the thirty years since its original publication, *Zen Mind, Beginner's Mind* has become one of the great modern Zen classics, much beloved, much re-read, and much recommended as the best first book to read on Zen. Suzuki Roshi presents the basics—from the details of posture and breathing in zazen to the perception of nonduality—in a way that is not only remarkably clear, but that also resonates with the joy of insight from the first to the last page. It's a book to come back to time and time again as an inspiration to practice.

Book Information

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Customer Reviews

A respected Zen master in Japan and founder of the San Francisco Zen Center, Shunryu Suzuki has blazed a path in American Buddhism like few others. He is the master who climbs down from the pages of the koan books and answers your questions face to face. If not face to face, you can at least find the answers as recorded in *Zen Mind, Beginner's Mind*, a transcription of juicy excerpts from his lectures. From diverse topics such as transience of the world, sudden enlightenment, and

the nuts and bolts of meditation, Suzuki always returns to the idea of beginner's mind, a recognition that our original nature is our true nature. With beginner's mind, we dedicate ourselves to sincere practice, without the thought of gaining anything special. Day to day life becomes our Zen training, and we discover that "to study Buddhism is to study ourselves." And to know our true selves is to be enlightened. --Brian Bruya --This text refers to the Audio Cassette edition.

In one of the best and most succinct introductions to Zen practice, the important teacher Shunryu Suzuki discusses posture and breathing in meditation as well as selflessness, emptiness, and mindfulness. Copyright 1999 Reed Business Information, Inc. --This text refers to the Audio Cassette edition.

I have read this wonderful book many times since encountering it in the 1970's. It is equally inspiring for beginners and experienced readers.

Deep reading that will impact everything in your day to day life. A must read for those interested in Zen, the breath, meditation, mindfulness, and awareness.

Simple approach to Zen, I say this in the best sense. if you are interested in meditation this is how to approach it.

This book is somewhat abstract. I feel like it repeats itself a lot but emphasizing different points and with different examples. This was recommended/ mandatory reading for my martial arts/ yoga practice and therefore I read it. It has interesting points for sure but again very abstract. I believe that as my practice progresses I will be able to take out different messages from this book. At this point the message is all the same - meditate with the attitude of doing just that - sitting and meditating, and not with the goal of achieving anything (including enlightenment). I am keeping it and one year from now I'll probably rediscover its message.

A Zen classic. I read this many years ago, and it is as relevant now as it was then.

This was a very good read.

Classical Zen

Arived on time, Very happy.

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