
Download Free Everyday Zen Love And Work Charlotte Joko Beck

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KEY=CHARLOTTE - DEANDRE WEBER

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.**

Everyday Zen

[Harper Collins](#) **Discusses Zen practice, feelings, relationships, suffering, ideals, limits, choices, and service**

Everyday Zen

Love and Work

[HarperCollins UK](#) **Charlotte Joko Beck is one of the most popular Zen teachers currently teaching in the West.**

Now Zen

[HarperCollins](#) **Here is cut-to-the-chase Zen by the beloved, no-nonsense teacher whose Everyday Zen and Nothing Special have become underground classics, with more than 120,000 copies sold. With wit and shining insight, Now Zen is a concise rendering of the foundational ideas of Joko Beck's teaching, wh ich shows how to live with mindfulness, awareness, honest, and integrity.**

Nothing Special

[Harper Collins](#) **WHEN NOTHING IS SPECIAL, EVERYTHING CAN BE** The best-selling author of 'Everyday Zen' shows how to awaken to daily life and discover the ideal in the everyday, finding riches in our feelings, relationships, and work. 'Nothing Special' offers the rare and delightful experience of learning in the authentic Buddhist tradition with a wonderfully contemporary Western master.

Sermons of a Buddhist Abbot

Addresses on Religious Subjects

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.

Ordinary Mind

Exploring the Common Ground of Zen and Psychoanalysis

Simon and Schuster **Is meditation an escape from--or a solution to--our psychological problems? Is the use of antidepressants counter to spiritual practice? Does a psychological approach to meditation reduce spirituality to "self-help"? What can Zen and psychoanalysis teach us about the problems of the mind and suffering? Psychiatrist and Zen teacher Barry Magid is uniquely qualified to answer questions like these. Written in an engaging and witty style, *Ordinary Mind* helps us understand challenging ideas--like Zen Buddhism's concepts of oneness, emptiness, and enlightenment--and how they make sense, not only within psychoanalytic conceptions of mind, but in the realities of our lives and relationships. This new paper edition of Magid's much-praised book contains additional case study vignettes.**

Buddhism Plain and Simple

Tuttle Publishing **Buddhism Plain and Simple offers a clear, straightforward treatise on Buddhism in general and on awareness in particular. When Buddha was asked to sum up his teaching in a single word, he said, "Awareness." The Buddha taught how to see directly into the nature of experience. His observations and insights are plain, practical, and down-to-earth, and they deal exclusively with the present. Longtime teacher of Buddhism Steve Hagan presents the Buddha's uncluttered, original teachings in everyday, accessible language unencumbered by religious ritual, tradition, or belief.**

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.**

Saying Yes to Life

(Even the Hard Parts)

Simon and Schuster **Providing an inspiration per day, the author of *Being Zen* and *At Home with Muddy Water* shows readers how to find meaning in life's most vexing paradoxes, recognize the potential of difficulties to yield growth, and learn when to act effectively. Original.**

You Can Be Happy No Matter What

Mango Media Inc. **Happiness is Not Around the Corner; it's Right Here, Right now Do you find yourself waiting for the best part of your life to begin? Or those things will get better soon? Dr. Richard Carlson, author who helped millions of readers stop sweating the small stuff, reminds us all You Can Be Happy No Matter What. Interactive Edition: In this interactive edition, people can experience the book in a wholly new way with Carlson's narration, illuminating passages about living joyfully in the present moment. This handbook for happiness is based on proven psychology, the Principles of Thought, covering thought, mood, separate realities and feelings. Every moment of every day, our minds are working to make sense out of what we see and experience; yet this is one of the least understood principles in our psychological makeup. Carlson's breakthrough work here in understanding the nature of thought can be the foundation to a fully functional life. Dr. Richard Carlson's wise words in his own voice bring new dimension and understanding of awakening to your own happiness. This superlative interactive book aids anyone in understanding the ups and downs of life and how to build resilience. Most importantly, Carlson reminds us to not let the downside get**

in the way of living joyfully, despite the daily challenges we all face. In his own words, "Happiness is a state of mind, not a set of circumstances."

Waking Up to What You Do

A Zen Practice for Meeting Every Situation with Intelligence and Compassion

Shambhala Publications Life is rising up to meet us at every moment. The question is: Are we there to meet it or not? Diane Rizzetto presents a simple but supremely effective practice for meeting every moment of our lives with mindfulness, using the Zen precepts as tools to develop a keen awareness of the motivations behind every aspect of our behavior—to "wake up to what we do"—from moment to moment. As we train in mindfulness of our actions, every situation of our lives becomes our teacher, offering priceless insight into what it really means to be happy. It's a simple practice with transformative potential, enabling us to break through our habitual reactions and to see clearly how our own happiness and well-being are intimately, inevitably connected to the happiness and well-being of everyone around us.

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 Equanimity

Illuminating Classic Zen Koans

Simon and Schuster The Book of Equanimity contains the first-ever complete English language commentary on one of the most beloved classic collections of Zen teaching stories (koans), making them vividly relevant to spiritual seekers and Zen students in the twenty-first century. Continually emphasizing koans as effective tools to discover and experience the deepest truths of our being, Wick brings the art of the koan to life for those who want to practice wisdom in their daily lives. The koan collection Wick explores here is highly esteemed as both literature and training material in the Zen tradition, in which koan-study is one of two paths a practitioner might take. This collection is used for training in many Zen centers in the Americas and in Europe but has never before been available with commentary from a contemporary Zen master. Wick's Book of Equanimity includes new translations of the preface, main case and verse for each koan, and modern commentaries on the koans by Wick himself.

The Supreme Doctrine

Psychological Studies in Zen Thought

Pantheon (With an Introduction by Aldous Huxley) In its Eastern aspects—Chinese, Hindu, and Japanese—Zen Buddhism has proved a puzzle, although a stimulating one, to the Western mind. Himself a Westerner, Dr. Benoit has approached it through an occidental manner of thinking. "For the first time, Dr. Benoit presents the traditional doctrine of Zen Buddhism in a language that is understandable to the Western world," says one of his Indian admirers, Swami Siddheswarananda. The author does not advocate a "conversion" to Eastern religion and philosophy. Rather, he would have Western psychological thinking and reasoning meet with oriental wisdom on an intellectual plane, in order to make it participate in the oriental understanding of the state of man in general. "I do not need to burn the Gospels in order to read Hui-neng," says Dr. Benoit. Zen, to be quite exact, is not so much a doctrine as a hygiene of intelligent living. As such it is presented by the author, a practicing psychoanalyst. It is a way of breaking the deadlock into which the faulty functioning of our civilization has led us, of liberating us from the prevalent contemporary sickness, anxiety. This book provides the elements for reaching "satori," that modification of the internal functioning of man which can be described as a state of unassailable serenity. This state, Dr. Benoit makes clear, is he truly "normal" one. How to

develop intelligence and will so that this transformation of life can be achieved is the subject of this book.

Ending the Pursuit of Happiness

A Zen Guide

ReadHowYouWant.com Inspires us - in wryly gentle prose - to outgrow the impossible pursuit of happiness, and instead make peace with the perfection of the way things are. Including ourselves! Magid invites readers to consider the notion that our certainty that we are broken may be turning our (3z(Bpursuit of happiness(S3(B into a source of yet more suffering. He takes an unusual look at our (S2(Bsecret practices(S3(B (what we?re REALLY doing, when we say (S2(Bpracticing(S3(B) and (S2(Bcurative fantasies,(S3(B wherein we have ideals of what spiritual practices will "do" for us, "cure" us. In doing so, he helps us look squarely at such pitfalls of spiritual practice so that we can avoid them. Along the way, Magid lays out a rich roadmap of a new "psychological-minded Zen," which may be among the most important spiritual developments of the present day.

Living Zen

Zen Buddhism is a spiritual practice that influences not only how we viewourselves and one another, but also the aesthetic of our environment. Livingen places the wisdom of Zen Buddhism in a modern, everyday context, showingow Zen can shape every aspect of lifestyle from home interiors to gardenesign. It explores Zen's role in nurturing creativity, and the way in whichen's timeless, spiritual insights enhance the well-being of those who followt. The stunning photographs embody the Zen experience, encouraging us to seeeyond the surface, to have a deeper awareness of our environment's naturaleauty. This is a book for anyone who wants to introduce simplicity, peacend calm into their lives and surroundings. The aesthetic of Living Zen isot about new possessions or interior design. Instead, the book invites us toopen up to every moment, so that we arrive at our true nature and transformrdinary experiences into something special. The book demystifies the age-olden tradition and acts as a guide through a journey of self-discovery. Itill inspire a way of being that brings joy and harmony to every aspect of

Untrain Your Parrot

And Other No-nonsense Instructions on the Path of Zen

[Shambhala Publications](http://ShambhalaPublications) 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 in Plain English

Experience the Essence of Zen

[Watkins Media Limited](http://WatkinsMediaLimited) No other book quite engages the reader in the kinds of perceptions and experiences that the seeker will have while following this path. The Zen masters are famous for their unorthodox ways of teaching the wisdom of the 'thing itself'. Their Koans - paradoxical stories, and questions - are designed to rid the mind of over-sophisticated responses. A selection of tales from the great Zen teachers, this book coaxes the reader into a direct encounter with the life-changing perceptions of the Zen mind. Challenging us to find 'a solution that resolves and dissolves the knots in heart and mind, the chronic cramp that prevents us from breathing freely, from giving ourselves without reserve to life in all its delightful and painful facets, and from being at peace with life and with death.' In this process we are confronted by the limits of rational meaning - and we begin to understand why Zen masters use humour and paradox to lead us to the very edge of the precipice of reason, and why, at that critical point, we are gently pushed over. 'Stephan Schumacher's innovative format and his fresh interpretations of this fine selection of stories from the great teachers are a useful introduction to Zen practice, and more importantly a welcome return to the fundamental Dharma of no-self, not-knowing, the thing- itself and the beauty and precision of this moment-by-moment precious moment of our lives.' Peter Matthiessen(Muryo Roshi)

Finding the Still Point

A Beginner's Guide to Zen Meditation

[Shambhala Publications](#) **One of the simplest, easiest-to-understand guides to Zen meditation--with audio exercises to serve as meditation companions. Through Zen meditation it is possible to find stillness of mind even amidst our everyday activities--and this book reveals how. With easy-to-understand instructions, practical lessons, and short-but-sweet tid-bits of useful information, beloved Zen master John Daido Looi shares the way of Zen meditation in terms that even those starting from the very beginning can understand. Guided audio instructions--available for download online--supplement the teachings throughout the book, giving beginners the tools they need to take that first step into Zen practice and meditation.**

Zen Training

Methods and Philosophy

[Shambhala Publications](#) **Zen Training is a comprehensive handbook for zazen, seated meditation practice, and an authoritative presentation of the Zen path. The book marked a turning point in Zen literature in its critical reevaluation of the enlightenment experience, which the author believes has often been emphasized at the expense of other important aspects of Zen training. In addition, Zen Training goes beyond the first flashes of enlightenment to explore how one lives as well as trains in Zen. The author also draws many significant parallels between Zen and Western philosophy and psychology, comparing traditional Zen concepts with the theories of being and cognition of such thinkers as Heidegger and Husserl.**

Less

Accomplishing More by Doing Less

[New World Library](#) **A certain kind of busyness is crucial to life, allowing us to earn a living, create art, and achieve success. But too often it consumes us and we become crazy busy, nonstop busy, and we expend extraneous effort that gets us nowhere. Marc Lesser's new book shows us the benefits of doing less in a world that has increasingly embraced more – more desire, more activity, more things, more exhaustion. Less is about stopping, about the possibility of finding composure in the midst of activity. The ideas and practices that Lesser outlines offer a radical yet simple approach to transforming a lifestyle based on endless to-do lists into a more meaningful approach that is truly more productive in every sense.**

Meet Me at Mike's

26 Crafty Projects and Things to Make

[Hardie Grant Publishing](#) **Offers instructions for creating twenty-six projects that run from thirty minutes to several hours using a variety of construction methods to create such items as skirts, brooches, stuffed toys, and vintage clutches.**

Everything Is the Way

Ordinary Mind Zen

[Shambhala Publications](#) **These days, when Zen has become a kind of shorthand for anything that's enigmatic or aesthetically spare, it's refreshing be reminded that Zen is at heart a practice for waking up from the dream we inhabit—in order to free ourselves from the suffering the dream imposes on us. Elihu Genmyo Smith's eminently practical Zen teaching never loses sight of that central concern: Whether it takes the form of zazen (meditation), koan work, or just eating your breakfast, the aim of Zen practice is always nothing other than intimacy with ourselves and everything around us.**

To Meet the Real Dragon

[Lulu.com](#) **Buddhist masters of the past have explained the relationship between Buddhist theory and the Truth by way of a simple metaphor. The Truth, they say, is like the distant moon. Ideas, theories, and explanations are merely fingers pointing at that far-away goal. They are not, and can never be, the moon itself. So this book is one such finger, a finger pointing at the moon, but the moon itself can be touched by you alone... The Buddhism which emerges from To Meet the Real Dragon is not a Buddhism for gods or supermen. It is Buddhism for real people: ordinary human beings**

with ordinary human problems. It is humanistic Zen--Zen for human beings. Here are a few of the topics covered by this very readable book: What is Religion, Meeting a True Master, Master Dogen, Science and Buddhism, Idealism and Materialism, Gautama Buddha, The Four Noble Truths, The Transmission of the Truth, Cause and Effect, Not Doing Wrong, Action: The Centre of Buddhism, Zazen, The Four Philosophies.

Seeds for a Boundless Life

Zen Teachings from the Heart

Shambhala Publications **Zenkei Blanche Hartman** is an American Zen legend. A teacher in the lineage of Shunryu Suzuki, author of *Zen Mind, Beginner's Mind*, she was the first female abbot of an American Zen center. She is greatly revered, especially in the San Francisco Bay Area, where she has lived and taught for many years. This, her long-awaited first book, is a collection of short teachings taken from her talks on the subject of boundlessness—the boundlessness that sees beyond our small, limited self to include all others. To live a boundless life she encourages living the vows prescribed by the Buddha and living life with the curiosity of a child. The short, stand-alone pieces can be dipped into whenever one is in need of inspiration.

Nothing Is Hidden

The Psychology of Zen Koans

Simon and Schuster In this inspiring and incisive offering, **Barry Magid** uses the language of modern psychology and psychotherapy to illuminate one of Buddhism's most powerful and often mysterious technologies: the Zen koan. What's more, Magid also uses the koans to expand upon the insights of psychology (especially self psychology and relational psychotherapy) and open for the reader new perspectives on the functioning of the human mind and heart. *Nothing Is Hidden* explores many rich themes, including facing impermanence and the inevitability of change, working skillfully with desire and attachment, and discovering when "surrender and submission" can be liberating and when they shade into emotional bypassing. With a sophisticated view of the rituals and teachings of traditional Buddhism, Magid helps us see how we sometimes subvert meditation into just another "curative fantasy" or make compassion into a form of masochism.

At Home in the World

Stories and Essential Teachings from a Monk's Life

Parallax Press "Followers and newcomers to Nhat Hanh's teaching alike will find this collection inspiring for everyday practice and for social engagement in the world."—*Publishers Weekly* This collection of autobiographical and teaching stories from peace activist and Zen Master Thich Nhat Hanh is thought provoking, inspiring, and enjoyable to read. Collected here for the first time, these stories span the author's life. There are stories from Thich Nhat Hanh's childhood and the traditions of rural Vietnam. There are stories from his years as a teenaged novice, as a young teacher and writer in war torn Vietnam, and of his travels around the world to teach mindfulness, make pilgrimages to sacred sites, and influence world leaders. The tradition of teaching the Dharma through stories goes back at least to the time of the Buddha. Like the Buddha, Thich Nhat Hanh uses story-telling to engage people's interest so he can share important teachings, insights, and life lessons.

Zen Master Who?

A Guide to the People and Stories of Zen

Simon and Schuster *Zen Master Who?* is the first-ever book to provide a history of Zen's arrival in North America, surveying the shifts and challenges to Zen as it finds its Western home. With the exception of parts of Rick Field's *How the Swans Came to the Lake*, there has been no previous attempt to write this chronicle. James Ishmael Ford begins by tracing Zen's history in Asia, looking at some of Zen's most seminal figures--the Sixth Ancestor Huineng, Dogen Zenji (the founder of the Soto Zen school), Hakuin Ekaku (the great reformer of the Rinzai koan way), and many others--and then outlines the state of Zen in North America today. Clear-eyed and even-handed, Ford shows us the history and development of the institution of Zen--both its beauty and its warts. Ford also outlines the many subtle differences in teachings, training, ordination, and transmission among schools and lineages. This book will aid those looking for a Zen center or a teacher, but who may not know where to start. Suggesting what might be possible, skillful, and fruitful in our communities, it will also be of use to those who lead the Zen centers of today and tomorrow.

Buddhism Is Not What You Think

Finding Freedom Beyond Beliefs

Zondervan Bestselling author and renowned Zen teacher Steve Hagen penetrates the most essential and enduring questions at the heart of the Buddha's teachings: How can we see the world in each moment, rather than merely as what we think, hope, or fear it is? How can we base our actions on reality, rather than on the longing and loathing of our hearts and minds? How can we live lives that are wise, compassionate, and in tune with reality? And how can we separate the wisdom of Buddhism from the cultural trappings and misconceptions that have come to be associated with it? Drawing on down-to-earth examples from everyday life and stories from Buddhist teachers past and present, Hagen tackles these fundamental inquiries with his trademark lucid, straightforward prose. The newcomer to Buddhism will be inspired by this accessible and provocative introduction, and those more familiar with Buddhism will welcome this much needed hands-on guide to understanding what it truly means to be awake. By being challenged to question what we take for granted, we come to see the world as it truly is. *Buddhism Is Not What You Think* offers a profound and clear path to a life of joy and freedom.

Sex, Sin, and Zen

Buddhist Exploration of Sex from Celibacy to Polyamory and Everything in Between

New World Library With his one-of-a kind blend of autobiography, pop culture, and plainspoken Buddhism, Brad Warner explores an A-to-Z of sexual topics — from masturbation to dating, gender identity to pornography. In addition to approaching sexuality from a Buddhist perspective, he looks at Buddhism — emptiness, compassion, karma — from a sexual vantage. Throughout, he stares down the tough questions: Can prostitution be a right livelihood? Can a good spiritual master also be really, really bad? And ultimately, what's love got to do with any of it? While no puritan when it comes to non-vanilla sexuality, Warner offers a conscious approach to sexual ethics and intimacy — real-world wisdom for our times.

Not Always So

Practicing the True Spirit of Zen

HarperOne Practising the true spirit of Zen. *Not Always So* is based on Shunryu Suzuki's lectures and is framed in his own inimitable, allusive, paradoxical style, rich with unexpected and off-centre insights. Suzuki knew he was dying at the time of the lectures, which gives his thoughts an urgency and focus even sharper than in the earlier book. In *Not Always So* Suzuki once again voices Zen in everyday language with the vigour, sensitivity, and buoyancy of a true friend. Here is support and nourishment. Here is a mother and father lending a hand, but letting you find your own way. Here is guidance which empowers your freedom (or way-seeking mind), rather than pinning you down to directions and techniques. Here is teaching which encourages you to touch and know your true heart and to express yourself fully, teaching which is not teaching from outside, but a voice arising in your own being.

Zen Is Right Now

More Teaching Stories and Anecdotes of Shunryu Suzuki, author of *Zen Mind, Beginners Mind*

Shambhala Publications Spirituality & Practice "Best Books of 2021" Award Winner In this new collection of quotes from Shunryu Suzuki Roshi and stories from his students, the presence, wisdom, and humor of a great Zen teacher come alive once more. The teachings of Shunryu Suzuki have served for innumerable people as the gateway to Zen practice and meditation. In *Zen Is Right Now*, devoted student and biographer David Chadwick sheds new light on Suzuki's presence and teachings through selected quotes from his lectures and a variety of stories told by his students. Complementary to another collection about Suzuki, *Zen Is Right Here*, this book offers a joyful bounty of anecdotes and insights, revealing a playful and deeply wise teacher who delighted in paradox and laughed often. Each of the stories and quotes presented here is an example of the versatile and timeless quality evident in Suzuki's teaching, showing that the potential for attaining enlightenment exists right now, in this very moment.

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.

What the Buddha Taught

Open Road + Grove/Atlantic This indispensable volume is a lucid and faithful account of the Buddha's teachings. "For years," says the Journal of the Buddhist Society, "the newcomer to Buddhism has lacked a simple and reliable introduction to the complexities of the subject. Dr. Rahula's What the Buddha Taught fills the need as only could be done by one having a firm grasp of the vast material to be sifted. It is a model of what a book should be that is addressed first of all to 'the educated and intelligent reader.' Authoritative and clear, logical and sober, this study is as comprehensive as it is masterly." This edition contains a selection of illustrative texts from the Suttas and the Dhammapada (specially translated by the author), sixteen illustrations, and a bibliography, glossary, and index.

Essential Zen

Harper Collins Gathers a selection from the teachings of ancient Zen masters, and includes stories, poems, and lessons on meditation

Novice to Master

An Ongoing Lesson in the Extent of My Own Stupidity

Simon and Schuster Everybody loves Novice to Master! As you'll see in the glowing endorsements and reviews included below, this modern spiritual classic has been embraced by readers of all types. In his singularly humorous and bitingly direct way, Zen abbot Soko Morinaga tells the story of his rigorous training at a Japanese Zen temple, his spiritual growth and his interactions with his students and others. Morinaga's voice is uniquely tuned to the truth of the condition of the human mind and spirit and his reflections and interpretations are unvarnished and succinct. His great gift is the ability to lift the spirit of the reader all the while exposing the humility and weakness in the lives of people, none more so than his own. Read on to see what everyone from Publishers Weekly to well-known Buddhist figures and even New York Times bestselling author Anthony Swofford have to say about this one of a kind book!

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.

What's in the Way Is the Way

A Practical Guide for Waking Up to Life

Sounds True **Imagine for a moment that all the pressures in your life were off—no problems to fix, no deadlines to meet, no struggles to overcome. Do you feel that sense of spacious relief? It's not an illusion, teaches Mary O'Malley. It really is possible to live with that profound openness every moment, even while tending to our everyday tasks and obligations. What's in the Way Is the Way is the new book from this highly regarded teacher, offering practical guidance for meeting all of our experience with an abiding sense of ease, trust, and peace of mind. This accessible book is divided into 10 phases, featuring inspiring wisdom and step-by-step exercises to heal the core beliefs that keep you stuck. With each chapter, Mary invites you to come into the present and see yourself and your circumstances in a different way—with openness and curiosity, unclouded by struggle, judgment, and fear. Discover why Eckhart Tolle calls Mary O'Malley's work "a treasure of practical wisdom and profound insights, all pointing to one essential Truth: how to awaken into present-moment awareness and live in acceptance of what is."**