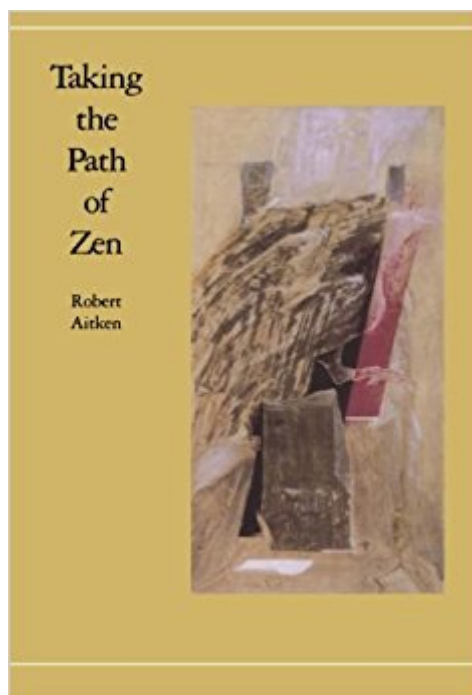


The book was found

Taking The Path Of Zen



Synopsis

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.

Book Information

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Customer Reviews

A good introductory text by one of the founding fathers of American Zen, this covers the basic teaching of Zen, including an emphasis on proper meditation practice. Copyright 1999 Reed Business Information, Inc.

“I welcome with great pleasure Robert Aitken Roshi’s introduction to Zen practice, *Taking the Path of Zen*. I feel this will be a valuable source of information and inspiration both for those who have a passing interest in the subject and those who have determined to set out on the path of Zen

work will gain the wide readership it so deserves. ˆˆˆ ˆˆˆ ˆˆˆ Yamada Koun Roshi

Samurai Soul: An old warrior's poetic tribute).

developed an interest in Zen in my late teens, my practice would be far more matured today.

clarification on getting started and "staying on" the path.

This Book is very nice. It's so full of information. And it is easy to read and understand. The shipping

was fast and well packed. I would highly recommend this book as well as the seller to everyone.

Roshi Aitken is one of my favorite Zen literature authors!

Classic. This book is a must for anyone who is interested in Buddhism.

Excellent.

Great for beginners trying to understand the practice

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