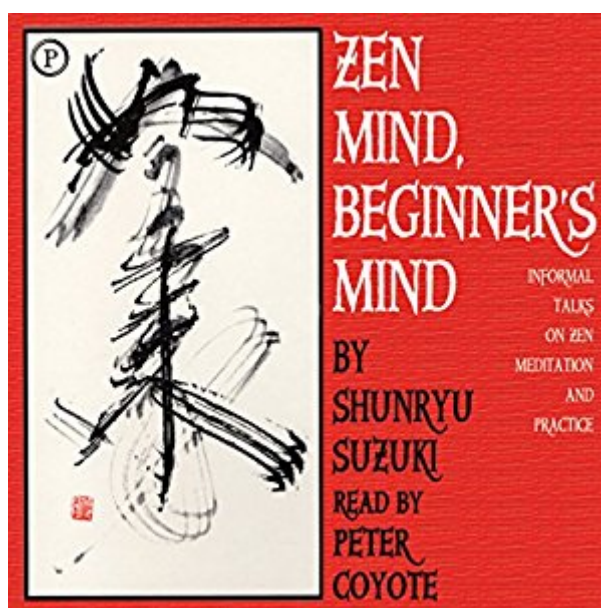


The book was found

Zen Mind, Beginner's Mind: Informal Talks On Zen Meditation And Practice



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 works. Seldom has such a small handful of words provided a teaching as rich as 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 in the first minutes. And that's just the beginning. In the 30 years since its original publication, *Zen Mind, Beginner's Mind* has become one of the great modern Zen classics. Suzuki Roshi presents the basics in a way that is remarkably clear and resonates with the joy of insight. Listeners will refer to this audio time and time again as an inspiration to practice.

Book Information

Audible Audio Edition

Listening Length: 2 hours and 58 minutes

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Customer Reviews

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

Arrived on time, Very happy.

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Zen Mind, Beginner's Mind: Informal Talks on Zen Meditation and Practice (Shambhala Library)
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ZEN: Everything You Need to Know About Forming Zen Habits
A Practical Guide to Find Inner Peace, Practice Mindfulness & Learn Zen Meditation (Zen Buddhism, Zen Mastery, Zen for Beginners)
Zen: How to Practice Zen Everywhere in Your Daily Life (FREE Bonus Inside) (Zen Meditation, Zen for Beginners, Buddhism)
Zen Buddhism: How Zen Buddhism Can Create A Life of Peace, Happiness and Inspiration (Zen Buddhism for Beginners, Zen, Zen Books)
Zen: The Beginners Guide on How to Practice Zen Everywhere by Incorporating Meditation Into Your Life (Buddhism - Improve Your Daily Life with Happiness and Inner Peace Using Meditation)
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