

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

Shunryu Suzuki, Huston Smith, Richard Baker, Trudy Dixon
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Books Details:

Title: Zen Mind, Beginner's Mind: In
Author: Shunryu Suzuki, Huston Smith
Released: 1973-04-01
Language:
Pages: 144
ISBN: 0834800799
ISBN13: 978-0834800793
ASIN: 0834800799



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Description:

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*

From Library Journal 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.

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