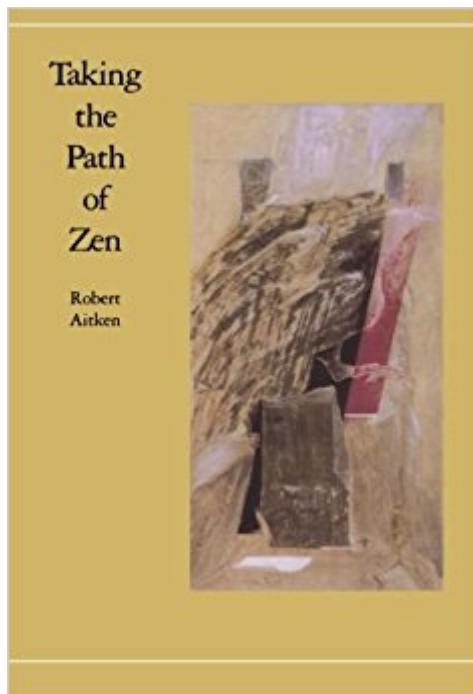


The book was found

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 mediation, 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

themselves. As an American who has trained in Zen practice for many years Aitken Roshi has a special understanding of the problems and questions which plague Western students of Zen. His book will thus be a godsend for people who have sought an introduction to Zen in their own language, free of the foreignisms that cultural differences can produce. It is my sincere wish that this work will gain the wide readership it so deserves. • Yamada Koun Roshi

I have been interested in the philosophy of Zen for most of my life. Even though I have read and wrote reviews for numerous Zen books, I had never read this one (Taking the Path of Zen by Robert Aitken) until recently. This is not a new book. It was published in 1982, but most of the advice is timeless. This book is organized into nine chapters. There is also a foreword written by Gary Snyder. Chapter one covers the fundamentals in the practice of Zen. Chapter two explains the method of Zen. Chapter three deals with appropriate means and covers more breathe counting information, the Zen center organization, ritual and other subjects. Chapter four goes into the delusions and pitfalls of Zen practice. Attitudes in religious practice are the focus in chapter five. The three Zen treasures are covered in chapter six. Chapter seven is essential reading because it deals with the ten grave precepts of Zen. Chapter eight gives tips on establishing the practice of Zen. The final chapter covers the koan Mu. There are several different approaches to the study of Zen and this book provides one of the ways a person who is interested in this philosophy can begin their practice. I do not agree with everything in this book; however, for those who desire to learn some basic information on Zen, this book is a good read. Rating: 4 Stars. Joseph J. Truncate (Author: The Samurai Soul: An old warrior's poetic tribute).

Robert Aitken-Roshi (1917-2010) was one of the first ordained Western Zen teachers in addition to being a social activist. This is a brief introductory volume for Americans who have decided to take up the Way of Zen and need a starting point. A primer on the bases of practice, this is also a good book for the more experienced practitioner to revisit from time to time as it presents Zen in a clear, concise and accessible (if somewhat erudite) format. Had the book been available when I first developed an interest in Zen in my late teens, my practice would be far more matured today.

Very insightful and well-written. Definitely useful for beginners--intermediate students who need 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 recomend 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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