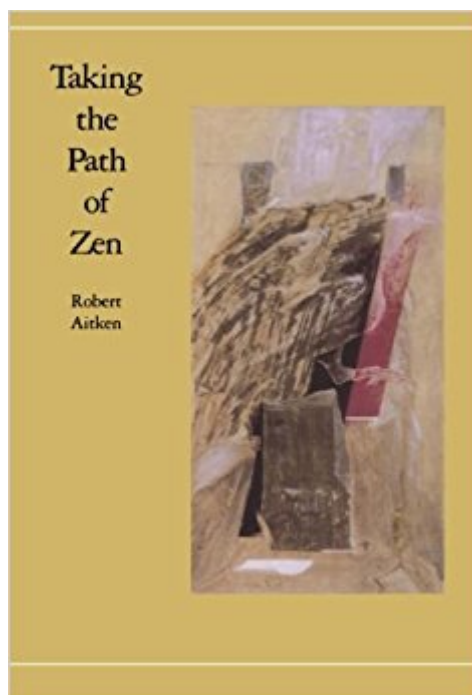


The book was found

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

Paperback: 149 pages

Publisher: North Point Press; 1st edition (1982)

Language: English

ISBN-10: 0865470804

ISBN-13: 978-0865470804

Product Dimensions: 5.5 x 0.4 x 8.5 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 40 customer reviews

Best Sellers Rank: #219,067 in Books (See Top 100 in Books) #222 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Philosophy](#) #279 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Spirituality](#) #46911 in [Books > Religion & Spirituality](#)

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. ʘ• ʘ ʘ 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. Truncale (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 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

[Download to continue reading...](#)

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 Buddhism: How Zen Buddhism Can Create A Life of Peace, Happiness and Inspiration (Zen Buddhism for Beginners, Zen, Zen Books) Zen: Beginner's Guide to Understanding & Practicing Zen Meditation to Become Present (Zen for Beginners, Zen Meditation, Zen Habits, Meditation for Beginners) Zen: Zen For Beginners – The Ultimate Guide To Incorporating Zen Into Your Life – A Zen Buddhism Approach To Happiness And Inner Peace Zen: How to Practice Zen Everywhere in Your Daily Life (FREE Bonus Inside) (Zen Meditation, Zen for Beginners, Buddhism) Zen Flesh Zen Bones: A Collection of Zen and Pre-Zen Writings Zen and Zen Classics 1: From the Upanishads to Huineng (Zen & Zen Classics) Taking the Path of Zen Dorset & South Devon Coast Path: (Sw Coast Path Part 3) British Walking Guide With 70 Large-Scale Walking Maps, Places To Stay, Places To Eat (Trailblazer: Sw Coast Path) Exmoor & North Devon Coast Path: (Sw Coast Path Part 1) British Walking Guide With 53 Large-Scale Walking Maps, Places To Stay, Places To Eat (British ... Exmoor & North Devon Coast Path Minehead) Zen Action/Zen Person Zen Coloring - Flowers (Zen Coloring Book) Shodo: The Quiet Art of Japanese Zen Calligraphy; Learn the Wisdom of Zen Through Traditional Brush Painting Z.B.A.: Zen of Business Administration - How Zen Practice Can Transform Your Work And Your Life Zen Gardens: The Art and Principles of Designing a Tranquil, Peaceful, Japanese Zen Garden at Home Zen Mind, Beginner's Mind: Informal Talks on Zen Meditation and Practice Zen Mind, Zen Horse: The Science and Spirituality of Working with Horses 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) The Golden Age of Zen: Zen Masters of the T'ang Dynasty (Spiritual Masters) Osho Zen Tarot: The Transcendental Game Of Zen

Contact Us

DMCA

Privacy

FAQ & Help