ZEN MIND, BEGINNER'S MIND: INFORMAL TALKS ON ZEN MEDITATION AND PRACTICE

A respected Zen master in Japan & 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...



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In the beginners mind there are many possibilities, but in the experts there are few. Shunryu Suzuki, Zen Mind, Beginner's Mind

Reader's Opinions

This book is a classic to be read from time to time. At present I am not reading it but have convinced my 15 year old sn to read it hoping...

In the zazen posture, your mind and body have the great power to accept things as they are, whether agreeable or disagreeable. How do I put this into words? This does actually work. Simple Zen meditation on a nightly basis does help to put things into perspective. It helps...