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Three pillars of zen audiobook

Photo Courtesy: Pixabay Yoga offers numerous health benefits, from improving flexibility and removing stress from the body to building muscle and losing weight. However, not everyone has the time or the desire to join a class. Luckily, you can learn and practice yoga in the comfort of your own home with yoga videos. Whether you're a beginner or an old pro, you'll find a yoga DVD on this list to suit your needs. MORE FROM CONSUMERSEARCH.COM Written By: Roshi Philip Kapleau Narrated By: Sean Runnette Date: August 2017 Duration: 14 hours 29 minutes in this classic work of spiritual guidance, the founder of the Rochester Zen Center presents a comprehensive overview of Zen Buddhism. Exploring the three pillars of Zen-teaching, practice, and enlightenment-Roshi Philip Kapleau, the man who founded one of the oldest and most influential Zen centers in the United States, presents a personal account of his own experiences as a student and teacher, and in so doing gives listeners invaluable advice on how to develop their own practices. Revised and updated, this edition features a new afterword by Sensei Bodhin Kjolhede, who succeeded Kapleau as spiritual director of the Rochester Zen Center: A moving, eye-opening work, The Three Pillars of Zen is the definitive introduction to the history and discipline of Zen. Would you consider the audio edition of The Three Pillars of Zen to be better than the print version? You can't compare the two because they are the same thing just in different formats. Personally I own both & the previous audible version. I much prefer the previous narrator Bodhin Kjolhede. Bodhin Kjolhede was a student of the author Roshi Kjolhede & has an authentic tone & was much more enjoyable to listen too. What other book might you compare The Three Pillars of Zen to and why? "Body & Mind Are One: A training In Mindfulness" by Thich Nhat Hanh. Also "Peach Is Every Step" by Thich Nhat Hanh. Both of these books along with The Three Pillars of Zen both are essentially about Buddhist philosophy. Thich Nhat Hanh's books primarily focus on the practice of mindfulness While Three Pillars of Zen is mostly a how too on two traditions of Japanese Zen Buddhism which focus on sitting & walking silent meditation, History of Zen, the authors personall training in zen in Japan & his personal practice as roshi (teacher) & how he adapted his teaching for westerners with approval of his teachers while keeping true to the traditions. Roshi Philip Kapleu founded The Rochester Zen Center in Rochester, NY whis was the first Buddhist Zen center in the U.S. What do you think the narrator could have done better? The narrator was ok. Honestly I'm partial to the narrator of the previous audible version Bodhin Kjolhede. Bodhin Kjolhede was a student of the author Roshi Philip Kapleu & his successor & has an authentic tone & was much more enjoyable to listen too. Was there a moment in the book that particularly moved you? Three Pillars of Zen is mostly a how too on two traditions of Japanese Zen Buddhism which focus on sitting & walking silent meditation. History of Zen, the authors personall training in zen in Japan & his personal practice as roshi (teacher) & how he adapted his teaching for westerners with approval of his teachers while keeping true to the traditions. Roshi Philip Kapleu founded The Rochester Zen Center in Rochester, NY whis was the first Buddhist Zen center in the U.S. Any additional comments? You can find more information on the author & the center he founded by googeling "The Rochester Zen Center" Three Pillars Of Zen = książka zaloguj się | załóż konto Media Platforms Design Team The Jeremy Piven you know and love is a motor-mouthed, turbocharged hothoed with a gut-punch wit—a man who treads the thin line between hedonism and self-destruction. At least, that's the Piven you think you know from Smokin' Aces, Entourage, and the thunderclap nihilism of I Melt With You (in theatres now). I Melt With You follows the punk-scored devolution of a quartet of 40-something buddies who made a particularly grim pact in their teen years. The film is, "run and gun, fast as a hockey fight," according to Piven. More from MensHealth.com: The 100 Hottest Women of All-Time "These are men behaving badly. Very badly. But I think the film gets us questioning who we are as men. Maybe who you are," Piven says in a hushed, deliberate tone. "Women have been getting emotional in the movies for a long time, but not men. I think its way past time." At 46, Piven isn't about to rage against the dying of the light; he's simply going to keep getting better, advice he offers every man. "Death doesn't have to happen when you're 40, man. Throw all that out. You've gained more wisdom, but your body's still strong, which means you can contribute now at your highest level. You just need to find a path." For Piven—if not all of us—that path is constantly evolving. He thought he had it figured out in a lifestyle regiment that sounds like the set-up for a joke: you know the one about the Jewish-Buddhist who practices yoga and ate fish twice a day for 20 years. Then in 2008, Piven found himself in the TMZ crosshairs for bailing on Broadway's deluxe redo of David Mamet's Speed-the-Plow, a move necessitated by mercury poisoning. The media was quick to call Piven an Entourage-style brat. "Yeah, that whole fish thing kind of backfired on me," he softly laughs. "But you know, there are lessons in those kinds of experiences and you take them, or you don't, and you move forward. For me, I'm still very much searching for balance. "As it turns out, fish twice a day was not in balance for me." Piven has practiced yoga for 20 years, studying with mat guru Mark Blanchard, and believes the work has bettered him both as a man and as an actor. "If men would really come into the present moment, really work honestly with who they are, they'd be so much better off. That goes for every man, including the guys in I Melt With You," he says. "But that takes courage, and a lot of us think we look better in the dark." More from MensHealth.com: Cage Your Rage This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io Michael Singer, who wrote The Untethered Soul, described in another of his books, The Surrender Experiment, how he read The Three Pillars of Zen in his youth was motivated to leave grad school for the woods to meditate and to wander. Naturally, I had to see what it was all about.So sorry for the long review/notes. If you want to skip all that, just read this and you will know all: "Mu." Big Ideas:+ The three pillars of Zen are: Teaching, Practice, and Enlightenment.+ The purpose of enlighten Michael Singer, who wrote The Untethered Soul, described in another of his books, The Surrender Experiment, how he read The Three Pillars of Zen in his youth was motivated to leave grad school for the woods to meditate and to wander. Naturally, I had to see what it was all about.So sorry for the long review/notes. If you want to skip all that, just read this and you will know all: "Mu." Big Ideas:+ The three pillars of Zen are: Teaching, Practice, and Enlightenment.+ The purpose of enlightenment is to help others. This is a process and takes time.- "Shojo... literally mean[s] "small vehicle." This is the vehicle or teaching that is to take you from one state of mind [delusion] to another [enlightenment]. This small vehicle is so named because it is designed to accommodate only one's self. You can perhaps compare it to a bicycle. The large vehicle [Mahayana], on the other hand, is more like a car or bus: it takes on others as well. Hence shojo is a Zen which looks only to one's own peace of mind."- "We cannot attain genuine peace of mind merely by seeking our own salvation while remaining indifferent to the welfare of others."- "The aims of zazen are three: (1) development of the power of concentration (joriki), (2) satori-awakening (kensho-godo), and (3) actualization of the Supreme Way in our daily lives (mujo-do no taigen)." - "The experience of awakening is sudden, but the integration of the experience into your life is gradual." - "I feel a love which, without object, is best called lovingness. But my old emotional reactions still coarsely interfere with the expressions of this supremely gentle and effortless lovingness." - "Love without force is weakness, force without love brutally." - "I live my life minute by minute, but only now does a warm love pervade my whole being, because I know that I am not just my little self but a great big miraculous Self."+ Much like Taoism, Zen endorses the experiential knowing of the unity in all things despite the fact that we live in a world of differentiation. This is like the wave-particle duality in physics and also like the Christian teaching that although we must live in this world we are not of this world.- "Zen tells us that the is is holy and the Void is home, but such affirmations are not Zen. Rather, Zen is a method for attaining to the direct experience of the truth of these affirmations."- "The import of every koan is the same: that the world is one interdependent Whole and that each separate one of us is that Whole."- "With enlightenment you see the world as Buddha-nature, but this does not mean that all becomes as radiant as a halo. Rather, each thing just as it is takes on an entirely new significance or worth. Miraculously, everything is radically transformed though remaining as it is."- "Take a circle with a nucleus. Without the nucleus there is no circle, without the circle, no nucleus. You are the nucleus, the circle is the universe. If you exist, the universe exists, and if you disappear, the universe likewise disappears."- "Enlightenment is no more than the realization that the world of discrimination and the world of undifferentiation are not two."- "After you have seen into your True-nature—that is, become enlightened—you see all objects as temporary phenomena undergoing endless change, but you see them in and through the aspect of sameness. You then understand that without the undifferentiated there can be no individual existences."- "They are two aspects of the One. But while the discriminated aspect is subject to ceaseless transformation, that which is undifferentiated is changeless."- "Beneath this variety they intermingle in one inexpressibly vast unity."+ This experiential knowing usually only comes after years of dedicated meditation practice. It takes much effort to put the mind in its proper place and to get in touch with direct experience. - "To be sure, abstract thinking is useful when wisely employed—which is to say, when its nature and limitations are properly understood—but as long as human beings remain slaves to their intellect, fettered and controlled by it, they can well be called sick." - "To come to Self-realization you must directly experience yourself and the universe as one. Of course you understand this theoretically, but theoretical understanding is like a picture: it is not the thing itself but only a representation of it. You must let go of logical reasoning and grasp the real thing!"- "In single-minded concentration on Mu you are not aware of 'I' standing against what is 'not-I'. If the absorption in Mu continues without interruption, the 'I-ness' dies out in the subconscious mind. Suddenly 'Plap!'—there is no more duality. To experience this directly is kensho.- Identity is mysterious. Who is it that notices your experience? What is consciousness? "What was my Face before my parents were born?"- "Our True-nature is beyond all categories. Whatever you can conceive or imagine is but a fragment of yourself, hence the real You cannot be found through logical deduction or intellectual analysis or endless imagining."- "Your enemy is your own personal ego. When you have stopped thinking of yourself as a separated individuality and have realized the Oneness of all existence, you have dealt your ego a mortal blow."+ Meditation can happen at any time.- "Sitting zazen and mobile zazen are two functions equally dynamic and mutually reinforcing. Those who sit devotedly in zazen every day, their minds free of discriminating thoughts, find it easier to relate themselves wholeheartedly to their daily tasks, and those who perform every act with total attention and clear awareness find it less difficult to achieve emptiness of mind during sitting periods."+ Zen monks are pretty particular about how to meditate (sit zazen), but not in an absolute way.- "Settling the body's center of gravity below the navel, that is, establishing a center of consciousness in the tanden, automatically relaxes tensions arising from the habitual hunching of the shoulders, straining of the neck, and squeezing in of the stomach. As this rigidity disappears, an enhanced vitality and new sense of freedom are experienced throughout the body and mind, which are felt more and more to be a unity."- "A bent back deprives the mind of its tension so that it is quickly invaded by random thoughts and images, but that a straight back, by strengthening concentration, lessens the incidence of wandering thoughts... This all-important erectness of the spine and parallel tautness of mind are easier to maintain over a long period if the legs are in the full- or half-lotus posture and the attention concentrated in the region just below the navel."- "In the last resort what ensures success in the quest for enlightenment is not a particular posture but an intense longing for truth for its own sake, which alone leads one to sit regularly in any fashion and to perform all the affairs of daily life with devotion and clear awareness."+ The benefits of meditation are many. "Eventually zazen leads to a transformation of personality and character. Dryness, rigidity, and self-centeredness give way to flowing warmth, resiliency, and compassion, while self-indulgence and fear are transmuted into self-mastery and courage."- "Zazen makes equally plain that what we term "suffering" is our evaluation of pain from which we stand apart, that pain when courageously accepted is a means to liberation in that it frees our natural sympathies and compassion even as it enables us to experience pleasure and joy in a new depth and purity."+ Zen holds that human nature is inherently pure but becomes defiled, like cement being laid on top of grass. Meditation doesn't make us good, it uncovers the good that's already there, like grass sprouting up through cracks in a sidewalk (thank you, Pema Chodron, for sharing that image).- "Zazen does not bestow Buddhahood; it uncovers a Buddha-nature which has always existed."- "At the moment of enlightenment he spontaneously cried out: 'Wonder of wonders! Intrinsically all living beings are Buddhas, endowed with wisdom and virtue, but because people's minds have become inverted through delusive thinking they fail to perceive this.'" - "All human beings, whether clever or stupid, male or female, ugly or beautiful, are whole and complete just as they are."- "The mind of a Buddha is like water that is calm, deep and crystal clear, and upon which the 'moon of truth' reflects fully and perfectly. The mind of the ordinary person, on the other hand, is like murky water, constantly being churned by the gales of delusive thought and no longer able to reflect the moon of truth. The moon nonetheless shines steadily upon the waves, but as the waters are rolled we are unable to see its reflection. Thus we lead lives that are frustrating and meaningless."- "Buddha-nature has the quality of infinite adaptability."- "The purpose of zazen is to wipe away from the mind these shadows or defilements so that we can intimately experience our solidarity with all life. Love and compassion then naturally and spontaneously flow forth."+ Zen has been largely misunderstood in the West.- "For no insignificant number of Westerners, misdirected by this academic spearhead toward a hypothetical Zen which is the product of theory and speculation and not personal experience, have been repelled by the enigmatic and seemingly nonsensical formulations of the koans and by the apparently cruel or senseless behavior of the ancient Zen masters, with the result that they have rejected Zen as a weird and alien discipline ungenial to the Western mind."Potent Quotables:*"Eight parts of a full stomach sustain the man; the other two sustain the doctor." Japanese proverbSo long as you remain in a state of delusion you are like ice. Upon realization you become as exquisitely free as water.To become attached to one's own enlightenment is as much a sickness as to exhibit a maddeningly active ego. Indeed, the profounder the enlightenment, the worse the illness.The essence of Buddhism is no more than living in harmony with the changing circumstances of one's life, without strain or compulsion.*With full enlightenment we realize we possess the universe, so why grasp for what is inherently ours? Faced with a situation involving life or death, one can act instantly, intuitively, free from illusion or discrimination, and yet not be in a trance. It is a matter of training oneself. ...more



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