

## Being Upright Zen Meditation And The Bodhisattva Precepts Reb Anderson

A new edition of the classic introduction to the Zen philosophy of mindfulness brings together the insights and teachings of a leading Zen master, furnishing a clear explanation of the central elements of Buddhist life and thought, a meditation on the conflict between technology and spirituality, and a collection of koans from thirteenth-century master Tran Thai Tong. Reissue.

An inspiring book that will help readers rediscover their values and discover a way to truly live life to the fullest. Each of us has an enormous capacity for love—a deep well of attention and care that we can offer to ourselves and others. With guidance that is both simple and wholly transformative, Koshin Paley Ellison, Zen teacher and psychotherapist, shows us how to uncover it: pay attention, be of service, and be with others. With this inspiring and down-to-earth book, drawn from the Zen precepts and illustrated with anecdotes from Koshin's own life and practice, you'll learn how to explore and investigate with your own core values, identify the mental habits that could be unconsciously hurting yourself and others, and overcome isolation. Each chapter closes with a contemplation to help integrate the teachings into your life. This book is about getting back in touch with your values, so you can live energetically, authentically, and lovingly. This an invitation to close the gaps we create between ourselves and others—to wake up to ourselves and the world around us. It's time to live wholeheartedly.

The author discusses the Buddhist ideas of karma and rebirth while relating his own journey down the Zen path.

"In the beginner's mind there are many possibilities, but in the expert's there are few." So begins this most beloved of all American Zen books. Seldom has such a small handful of words provided a teaching as rich as has this famous opening line. In a single stroke, the simple sentence cuts through the pervasive tendency students have of getting so close to Zen as to completely miss what it's all about. An instant teaching on the first page. And that's just the beginning. In the forty years since its original publication, *Zen Mind, Beginner's Mind* has become one of the great modern Zen classics, much beloved, much reread, and much recommended as the best first book to read on Zen. Suzuki Roshi presents the basics—from the details of posture and breathing in zazen to the perception of nonduality—in a way that is not only remarkably clear, but that also resonates with the joy of insight from the first to the last page. It's a book to come back to time and time again as an inspiration to practice, and it is now available to a new generation of seekers in this fortieth anniversary edition, with a new afterword by Shunryu Suzuki's biographer, David Chadwick.

Accessible and elegant teachings from a well-loved and revered woman Zen teacher. "The truth and joy of this life is that we cannot change things as they are." The import of those words can be found beautifully expressed in the work of the woman who spoke them, Katherine Thanas (1927–2012)—in her art, in her writing, and especially in her Zen teaching. Fearlessly direct and endlessly curious, Katherine's understanding of Zen was inseparable from her affinity for the arts. She was an MFA student studying painting with Richard Diebenkorn, the preeminent Californian abstract painter, when she met Shunryu Suzuki, author of *Zen Mind, Beginner's Mind*, in the sixties. Soon thereafter she decided to drop painting to dedicate herself to Zen, which she did for the last forty years of her life. In these essential teachings taken from her dharma talks—which make up her only book—her love of art and literature shine through in her elegant prose and her vast references, from poets William Stafford and Naomi Shihab Nye to the Zen teachings of Dogen and Robert Aitken. Ranging on subjects from the practice of zazen to the meaning of life, Katherine urges us to "develop an insatiable appetite for inner awareness, to become proficient with this mind." This slim volume is an important contribution by a well-loved and revered teacher.

There is a common misconception that to practice Zen is to practice meditation and nothing else. In truth, traditionally, the practice of meditation goes hand-in-hand with moral conduct. In *Invoking Reality*, John Daido Looi, one of the leading Zen teachers in America today, presents and explains the ethical precepts of Zen as essential aspects of Zen training and development. The Buddhist teachings on morality—the precepts—predate Zen, going all the way back to the Buddha himself. They describe, in essence, how a buddha, or awakened person, lives his or her life in the world. Looi provides a modern interpretation of the precepts and discusses the ethical significance of these vows as guidelines for living. "Zen is a practice that takes place within the world," he says, "based on moral and ethical teachings that have been handed down from generation to generation." In his view, the Buddhist precepts form one of the most vital areas of spiritual practice.

It's easy to regard time as a commodity—we even speak of "saving" or "spending" it. We often regard it as an enemy, when we feel it slipping away before we're ready for time to be up. The Zen view of time is radically different than that: time is not something separate from our life; rather, our life is time. Understand this, says Dainin Katagiri Roshi, and you can live fully and freely right where you are in each moment. Katagiri bases his teaching on *Being Time*, a text by the most famous of all Zen masters, Eihei Dogen (1200–1253), to show that time is a creative, dynamic process that continuously produces the universe and everything in it—and that to understand this is to discover a gateway to freedom from the dissatisfactions of everyday life. He guides us in contemplating impermanence, the present moment, and the ungraspable nature of past and future. He discusses time as part of our inner being, made manifest through constant change in ourselves and our surroundings. And these ideas are by no means metaphysical abstractions: they can be directly perceived by any of us through meditation.

Looks at the social and ethical dimensions of Zen Buddhism, including the enlightenment teachings of Shakyamuni, and an explanation of the three pure acts

This engaging contemplation of maturity addresses the long neglected topic of what it means to grow up, and provides a hands-on guide for skilfully navigating the demands of our adult lives. Growing up happens whether we like it or not, but maturity must be cultivated. Challenged to consider his own sense of maturity while mentoring a group of teenage boys, Fischer began to investigate our preconceptions about what it means to be "an adult" and shows how crucial true maturity is to leading an engaged, fulfilled life. *Taking Our Places* details the marks of a mature person and shows how these attributes can help alleviate our suffering and enrich our relationships. Discussing such qualities as awareness, responsibility, humour, acceptance, and humility, Fischer brings a fresh and at times surprising new perspective that can turn old ideas on their heads and reinvigorate our understanding of what it means to be mature.

This unique introduction to Zen teaching and practice takes the remarkably accessible form of question-and-answer—making it a most useful reference for looking things up. But

whether you're a neophyte or a seasoned practitioner, you'll want to read the whole thing. The questioner (Susan Moon) and the answerer (Norman Fischer) are old friends, each with a unique gift for articulation, and their friendly conversation covers not only the basics but a range of issues unique to Zen in America in the twenty-first century, including: • What is zazen and how do you do it? • Where did Zen start and where did it come from? • Will I have an enlightenment experience? • What is the law of karma in a nutshell? • What do Zen Buddhists say about rebirth? • How do you recognize a good, solid Zen teacher?

In the thirteenth century, Zen master Dogen—perhaps the most significant of all Japanese philosophers, and the founder of the Japanese Soto Zen sect—wrote a practical manual of Instructions for the Zen Cook. In drawing parallels between preparing meals for the Zen monastery and spiritual training, he reveals far more than simply the rules and manners of the Zen kitchen; he teaches us how to "cook," or refine our lives. In this volume Kosho Uchiyama Roshi undertakes the task of elucidating Dogen's text for the benefit of modern-day readers of Zen. Taken together, his translation and commentary truly constitute a "cookbook for life," one that shows us how to live with an unbiased mind in the midst of our workaday world.

Provides background information on Buddha and the Four Noble Truths, and describes meditation and Buddhist principles of the Theraveda, Zen, and Tibetan traditions.

This book, first published in 1964, concerns the practice of Zen Buddhism. The practice is a particular form of meditation. In Japan, the only country in which it is any longer seriously pursued, the practice is called zazen. The author directs attention to zazen because it is being overlooked in the current interest in Zen.

Shikantaza--or "just sitting"--is one of the simplest, most subtle forms of meditation, and one of the most easily misunderstood. This peerless volume brings together a wealth of writings, from the Buddha himself to Bodhidharma and Dogen and many of modern Zen Buddhism's most influential masters, all pointing directly to the heart of this powerful practice. Edited by one of America's pre-eminent Zen teachers, this book is a rich resource for wisdom seekers and scholars alike.

The sacred radiance of our original nature never darkens. It has shined forth since beginningless time. Do you wish to enter the gate that leads to this? Simply do not give rise to conceptual thinking. Zen Master So Sahn (1520–1604) is a towering figure in the history of Korean Zen. In this treasure-text, he presents in simple yet beautiful language the core principles and teachings of Zen. Each section opens with a quotation—drawn from classical scriptures, teachings, and anecdotes—followed by the author's commentary and verse. Originally written in Chinese, the text was translated into Korean in the mid-twentieth century by the celebrated Korean monk Boep Joeng. An American Zen monk, Hyon Gak, has translated it into English.

In this inspiring and incisive offering, Barry Magid uses the language of modern psychology and psychotherapy to illuminate one of Buddhism's most powerful and often mysterious technologies: the Zen koan. What's more, Magid also uses the koans to expand upon the insights of psychology (especially self psychology and relational psychotherapy) and open for the reader new perspectives on the functioning of the human mind and heart. Nothing Is Hidden explores many rich themes, including facing impermanence and the inevitability of change, working skillfully with desire and attachment, and discovering when "surrender and submission" can be liberating and when they shade into emotional bypassing. With a sophisticated view of the rituals and teachings of traditional Buddhism, Magid helps us see how we sometimes subvert meditation into just another "curative fantasy" or make compassion into a form of masochism.

In this compelling collection of talks, interviews, and letters, Toni Packer provides a comprehensive overview of the path of meditative inquiry—a nondenominational approach to spiritual growth that emphasizes the direct experience of the present moment. "The immense challenge for each one of us," Packer writes, "is can we live our lives, at least for moments at a time, in the wonder of presence that is the creative source of everything?" She shows how we can transform fear, anger, guilt, and attachment to our self-image through simple, direct awareness. Having recently lost her husband of fifty years, Packer also speaks with candor and tenderness about the convulsions of a grieving heart and the peace that undivided awareness can bring. Toni Packer began studying Zen in 1967 with Roshi Philip Kapleau (author of *The Three Pillars of Zen*) at the Rochester Zen Center and was eventually named his successor. Seeing the potentially destructive effects of relying too much on tradition, however, she did not accept the position. Packer is strongly influenced by the teachings of Krishnamurti and has turned away from the traditional forms and hierarchies that are prevalent in many Buddhist schools. Her approach is appealing to many Westerners who find institutionalized practices such as chanting, bowing, and burning incense to be alien and unnecessary.

A collection of dharma talks, *Warm Smiles from Cold Mountains* explores the life of passionate commitment that lies at the heart of the formal practice of Zen meditation. Reb Anderson draws on over thirty years of experience as a Zen priest, exploring Buddhist yoga and psychology and the relationship of wisdom and compassion to the personal, social, and ecological crises of our time. At once inspirational and practical, he bows to an ancient tradition as he helps us to forge a modern-day Buddhism that urges us "to sit still in the middle of all living beings."

*The Record of Transmitting the Light* traces the inheritance of the Buddha's enlightenment through successive Buddhist masters. Written by a seminal figure in the Japanese Zen tradition, its significance as an historical and religious document is unquestionable. And ultimately, *The Record of Transmitting the Light* serves as a testament to our own capacity to awaken to a life of freedom, wisdom, and compassion. Readers of Zen will also find the introduction and translation by Francis Dojun Cook, the scholar whose insights brought Zen Master Dogen to life in *How to Raise an Ox*, of great value.

*Essays on Buddhist Mindfulness Practice*. An inspiring and very accessible compilation of essays and edited talks on the Buddhist practice of mindfulness. As Gil Fronsdal

states, "the search for the issue at hand is the search for what is closest at hand, for what is directly seen, heard, smelt, tasted, felt, and cognized in the present." Gil brings the practice of mindfulness not only to formal meditation but to all the varying aspects of every day life.

An introduction to Zen chanting practice, with new accurate and chantable translations of the texts used in Zen centers and monasteries throughout the English-speaking world—by the renowned translator of Dogen and Ryokan. A Zen chant is like a compass that sets us in the direction of the awakened life; it is the dynamic, audible counterpart to the silent practice of zazen, or sitting meditation; and it is a powerful expression of the fact that practice happens in community. Here is a concise guide to Zen chants for practitioners, as well as for anyone who appreciates the beauty and profundity of the poetry in dharma. An introduction to the practice is followed by fresh and carefully considered translations and adaptations of thirty-five chants—some common and others less well known—along with illuminating commentary.

Explore the three great teachings of the Buddha. • The First Turning of the Wheel: Insight into the nature of suffering—and the way out of it—from the four noble truths and the eightfold path • The Second Turning of the Wheel: Teachings on emptiness from the Heart Sutra and the Diamond Sutra • The Third Turning of the Wheel: Guidance for practitioners and teachings on awakened Buddha nature In clear language, James William Coleman, professor of sociology at the California Polytechnic State University, guides us through the ancient sutras that preserve the Buddha's message, illuminating their meaning for today's world and tying the Buddha's wisdom together for us. The book concludes with chapters from two great teachers, Reb Anderson from the Zen tradition and Lama Palden from the Tibetan Buddhist tradition, on how to use meditation to bring the Buddha's wisdom into our daily lives. Table of Contents: Introduction: The Wheel of Dharma Part I: The Three Turnings of the Wheel 1. The First Turning of the Wheel: The Four Noble Truths and the Pali Canon 2. The Second Turning of the Wheel: Emptiness and the Perfection of Wisdom 3. The Third Turning of the Wheel: Untying the Knot of the Sutra of the Explanation of the Profound Secrets Part II: Turning the Wheel in the Twenty-First Century 4. Practicing the Dream 5. Tasting the Truth of the Buddha's Words: A Zen Perspective by Reb Anderson Roshi 6. Envisioning Tara: A Vajrayana Perspective by Lama Palden Drolma 7. The Buddha's Dream

In this new collection of quotes from Shunryu Suzuki Roshi and stories from his students, the presence, wisdom, and humor of a great Zen teacher come alive once more. The teachings of Shunryu Suzuki have served for innumerable people as the gateway to Zen practice and meditation. In *Zen Is Right Now*, devoted student and biographer David Chadwick sheds new light on Suzuki's presence and teachings through selected quotes from his lectures and a variety of stories told by his students. Complementary to another collection about Suzuki, *Zen Is Right Here*, this book offers a joyful bounty of anecdotes and insights, revealing a playful and deeply wise teacher who delighted in paradox and laughed often. Each of the stories and quotes presented here is an example of the versatile and timeless quality evident in Suzuki's teaching, showing that the potential for attaining enlightenment exists right now, in this very moment.

Eihei Dogen (1200–1253), founder of the Soto School of Zen Buddhism, is one of the greatest religious, philosophical, and literary geniuses of Japan. His writings have been studied by Zen students for centuries, particularly his masterwork, *Shobo Genzo* or *Treasury of the True Dharma Eye*. This is the first book to offer the great master's incisive wisdom in short selections taken from the whole range of his voluminous works. The pithy and powerful readings, arranged according to theme, provide a perfect introduction to Dogen—and inspire spiritual practice in people of all traditions.

*The Compass of Zen* is a simple, exhaustive—and often hilarious—presentation of the essence of Zen by a modern Zen Master of considerable renown. In his many years of teaching throughout the world, the Korean-born Zen Master Seung Sahn has become known for his ability to cut to the heart of Buddhist teaching in a way that is strikingly clear, yet free of esoteric and academic language. In this book, based largely on his talks, he presents the basic teachings of Buddhism and Zen in a way that is wonderfully accessible for beginners—yet so rich with stories, insights, and personal experiences that long-time meditation students will also find it a source of inspiration and a resource for study.

Thich Nhat Hanh explains how to find true safety in an age of terror. With simple insight, he illustrates how we can transform and uproot terrorism through the practices of compassion, deep listening, and mindful communication. This book offers key teachings to heal the misunderstandings that divide us. With his signature empathy and insight, Nhat Hanh addresses the deep questions of how to create individual and national safety while at the same time showing true compassion. *Calming the Fearful Mind* is an invaluable book for anyone who has wondered how to deal with anger and the desire for retaliation.

In *Infinite Circle*, one of America's most distinctive Zen teachers takes a back-to-basics approach to Zen. Glassman illuminates three key teachings of Zen Buddhism, offering line-by-line commentary in clear, direct language: 1. The Heart Sutra: the Buddha's essential discourse on emptiness, a central sutra of the Mahayana Buddhist tradition. 2. "The Identity of Relative and Absolute": an eighth-century poem by Shih-t'ou His-ch'ien, a key text of the Soto Zen school. 3. The Zen precepts: the rules of conduct for laypeople and monks. His commentaries are based on workshops he gave as Abbot of the Zen Community of New York, and they contain within them the principles that became the foundation for the Greyston Mandala of community development organizations and the Zen Peacemaker Order.

In *Taking the Path of Zen*, Robert Aitken provided a concise guide to zazen (Zen meditation) and other aspects of the practice of Zen. In *The Mind of Clover* he addresses the world beyond the zazen cushions, illuminating issues of appropriate personal and social action through an exploration of the philosophical complexities of Zen ethics. Aitken's approach is clear and sure as he shows how our minds can be as nurturing as clover, which enriches the soil and benefits the environment as it grows. The opening chapters discuss the Ten Grave Precepts of Zen, which, Aitken points out, are "not commandments etched in stone but expressions of inspiration written in something more fluid than water." Aitken approaches these precepts, the core of Zen ethics, from several perspectives, offering many layers of interpretation. Like ripples in a pond, the circles of his interpretation increasingly widen, and he expands his focus to confront corporate theft and oppression, the role of women in Zen and society, abortion, nuclear war, pollution of the environment, and other concerns. *The Mind of Clover* champions the cause of personal responsibility in modern society, encouraging nonviolent activism based on clear convictions. It is a guide that engages, that invites us to realize our own potential for confident and responsible action.

*Cultivating the Empty Field* is a modern translation of the core of Chinese Ch'an master Hongzhi's *Extensive Record*. First to articulate the meditation method known to contemporary Zen practitioners as

shikantaza ("just sitting") Chinese Zen master Hongzhi is one of the most influential poets in all of Zen literature. This translation of Hongzhi's poetry, the only such volume available in English, treats readers to his profound wisdom and beautiful literary gift. In addition to dozens of Hongzhi's religious poems, translator Daniel Leighton offers an extended introduction, placing the master's work in its historical context, as well as lineage charts and other information about the Chinese influence on Japanese Soto Zen. Both spiritual literature and meditation instruction, *Cultivating the Empty Field* is sure to inspire and delight.

*Being Upright* takes us beyond the conventional interpretation of ethical precepts to the ultimate meaning that informs them. Reb Anderson first introduces us to the fundamental ideas of Zen Buddhist practice. Who was Shakyamuni Buddha and what was his central teaching? What does it mean to be a bodhisattva and take the bodhisattva vow? Why should we confess and acknowledge our ancient twisted karma? What is the significance of taking refuge in Buddha, dharma, and sangha? The author explores the ten basic precepts, including not killing, not stealing, not lying, not misusing sexuality, and not using intoxicants. A gifted storyteller, Anderson takes us to the heart of situations, where moral judgments are not easy and we do not have all the answers. With wisdom and compassion, he teaches us how to confront the emotional and ethical turmoil of our lives.

*Good Life* presents the Buddhist precepts as signposts on the path to discovering human beings' inherent goodness. It offers concrete ways of transforming real-life difficulties into freedom.

According to legend, when the founder of Zen Buddhism was asked about the main principle of his holy teaching, he replied that there was "nothing holy about it!" Now, a millennium and a half later, Tim Burkett reveals how and why the wisdom of nonholiness is the key to a joyful heart. You don't need to go looking for something sacred—the happiness you seek is right where you are. In this book, a concise summary of Zen teachings unfolds within the ordinary comedies and tragedies of everyday life, beginning with the delightful nonholiness Burkett experienced in the presence of his original teacher, Shunryu Suzuki.

In his previous book, *Being Upright: Zen Meditation and the Bodhisattva Precepts*, Reb Anderson Roshi described how we must become thoroughly grounded in conventional truth through the practice of compassion before we can receive the teachings of the ultimate truth. In *The Third Turning of the Wheel*, he introduces us to the next stage of our journey by invoking the wisdom of the Samdhinirmocana Sutra. According to Anderson, the main purpose behind this enigmatic sutra is to reconcile the apparent contradictions between the original teachings of the historical Buddha and the later teachings of Mahayana Buddhism. Anderson reflects on the great metaphysical questions proposed in the Samdhinirmocana Sutra—the nature of ultimate reality, the structure of human consciousness, the characteristics of phenomena, the stages of meditation, and the essential qualities of a buddha—with the clarity of a scholar and the insight of a practitioner.

Darlene Cohen discovered the secret to finding happiness in the midst of debilitating pain. She shares her knowledge in her popular workshops and now in this book. Cohen, who has suffered from rheumatoid arthritis for eighteen years, was hobbling painfully to her local Zen center one day, when she made a discovery that changed her life: if she focused on the foot that was in the air rather than the one that was hitting the pavement, her stamina increased enormously. It was the beginning of a completely different approach to the crippling pain that had beset her for so long. As she demonstrates here, this approach can be expanded to all types of pain: physical, psychological, and spiritual. Cohen—a certified massage and movement therapist and Zen teacher—proposes a radically liberating alternative to the usual desperate search for pain relief: paradoxically, she says, release from suffering lies in paying closer attention to it. When we keep pain at bay, we keep pleasure at bay, too. The two are interdependent, and our ability to experience each is totally dependent on our understanding of the other. "Enrich your life exponentially," Cohen advises. If your pain is one of the ten things you are aware of, then it constitutes a tenth of your total awareness. Expand your awareness to a hundred things, however, and your pain is only a hundredth of your awareness. With stories, strategies, exercises, and an awareness born of long Zen practice, Cohen shows us how to tap into that enrichment—and how we can lead a satisfying and even joyful life in the very midst of pain. This book was published in hardcover under the title *Finding a Joyful Life in the Heart of Pain*.

For over thirty years, *Opening the Hand of Thought* has offered an introduction to Zen Buddhism and meditation unmatched in clarity and power. This is the revised edition of Kosho Uchiyama's singularly incisive classic. This new edition contains even more useful material: new prefaces, an index, and extended endnotes, in addition to a revised glossary. As Jisho Warner writes in her preface, *Opening the Hand of Thought* "goes directly to the heart of Zen practice... showing how Zen Buddhism can be a deep and life-sustaining activity." She goes on to say, "Uchiyama looks at what a person is, what a self is, how to develop a true self not separate from all things, one that can settle in peace in the midst of life." By turns humorous, philosophical, and personal, *Opening the Hand of Thought* is above all a great book for the Buddhist practitioner. It's a perfect follow-up for the reader who has read *Zen Meditation in Plain English* and is especially useful for those who have not yet encountered a Zen teacher.

Personal stories and anecdotes of the trailblazing Zen teacher Suzuki Roshi—now reissued in hardcover in tandem with the publication of the follow-up volume, *Zen Is Right Now*. Shunryu Suzuki's extraordinary gift for presenting traditional Zen teachings using ordinary language is well known to the countless readers of *Zen Mind, Beginner's Mind*. In *Zen Is Right Here*, his teachings are brought to life through stories told by his students. These living encounters with Zen are poignant, direct, humorous, paradoxical, and enlightening—and their setting in real-life contexts makes them wonderfully accessible. Like the Buddha himself, Shunryu Suzuki gave profound teachings that were skillfully expressed for each moment, person, and situation he encountered. He emphasized that while the essence of Buddhism is constant, the expression of that essence is always changing. Each of the stories presented here is an example of this versatile and timeless quality, showing that the potential for attaining enlightenment exists right here, at this very place.

Buddhism began to take root in the West at just the same time that women's voices were arising to find expression here—after millennia of being relegated to the background. If that was a coincidence, it was an auspicious one, for the women who emerged as Buddhist teachers have been among the most articulate of Dharma-communicators—and they remain an indelible feature of Western Buddhism as the practice matures here. The remarkable range of their teaching is showcased in this anthology. The pieces featured touch on the topics that are at the heart of our lives—relationships, uncertainty, love, parenting, food, stress, mortality, living fully, and social responsibility. These approachable, engaging teachings illuminate Buddhist concepts and practices, such as meditation, tonglen, lovingkindness, cultivating gratitude, and deep relaxation. The book contains wisdom from such well-known and respected contemporary Buddhist teachers as Pema Chödrön, Ayya Khema, Sharon Salzberg, Toni Packer, Maurine Stuart, Karen Maezen Miller, Khandro Rinpoche, Jan Chozen Bays, Sister Chan Khong, Sylvia Boorstein, Pat Enkyo O'Hara, Darlene Cohen, Joanna Macy, Bonnie Myotai Treace, Tsultrim Allione, Tenzin Palmo, Tara Brach, Joan Sutherland, Carolyn Rose Gimian, Joan Halifax, Charlotte Joko Beck, and many others.

Life is rising up to meet us at every moment. The question is: Are we there to meet it or not? Diane Rizzetto presents a simple but supremely effective practice for meeting every moment of our lives with mindfulness, using the Zen precepts as tools to develop a keen awareness of the motivations behind every aspect of our behavior—to "wake up to what we do"—from moment to moment. As we train in mindfulness of our actions, every situation of our lives becomes our teacher, offering priceless insight into what it really means to be happy. It's a simple practice with transformative potential, enabling us to break through our habitual reactions and to see clearly how our own happiness and well-being are intimately, inevitably connected to the happiness and well-being of everyone around us.

An inspiring guide to the practice of the Buddhist paramitas or "perfections" from respected American Zen master Reb Anderson. The six paramitas—generosity, ethical discipline, patience, heroic effort, concentration, and wisdom—are among the core teachings of Buddhism across all its schools. For newcomers and seasoned practitioners alike, they are foundational practices to enter and realize the mind of Buddha. In this sincere and powerful book, Zen teacher Reb Anderson offers teachings and practice stories that elucidate and open up each paramita. Taken together, the six "perfections" form an integrated and complete path—the path of the heroic bodhisattva who vows to practice ceaselessly for the welfare and liberation of all beings.

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