

[PDF] Buddhism Plain & Simple: The Practice Of Being Aware, Right Now, Every Day

Steve Hagen - pdf download free book



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Description:

You might want to digest this book slowly, a few pages at a time. Although Zen teacher Steve Hagen has a knack for putting the philosophy of Buddhism in a "plain and simple" package, it may take a while to sink in. There is so much there. Seeing reality, realizing the wisdom of the self, breaking

free of dualistic thinking--this is pretty heady stuff. Thankfully, Hagen passes it along in the form of examples from life, psychological tidbits, and stories from Buddhist teachers past and present. And when it clicks in, it can be life-transforming. Hagen explains this shift in outlook and how the fundamental way we look at the world affects everything we do. As an outline, Hagen follows the basic teachings of the Buddha, and we see that, rather than dogmatic truths, they are reminders for us as we reconsider the life we have taken for granted for so long. As it turns out, Buddhism is life, plain and simple. --*Brian Bruya* --This text refers to the edition.

From Library Journal Hagen's concise work, a brief introduction to Zen Buddhism, is arranged in a straightforward manner with lucid explanations. He describes techniques for meditation, making this a rather practical recording. Reading this abridgment of his own work, the Zen priest's soft, serene voice is pleasing to the ear; the pace is unhurried, allowing the listener to grasp the material. Libraries with a demand for New Age/Eastern religions should have this tape. AMichael T. Fein, Catawba Valley Community Coll., Hickory, NC
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