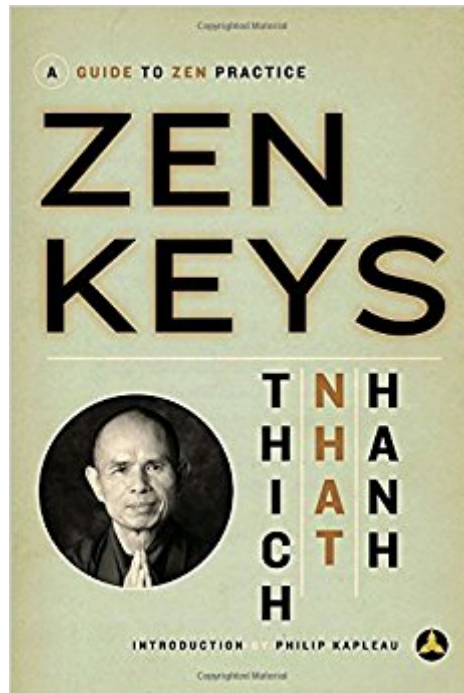




Ebook Directory
the best source of ebook

The book was found

Zen Keys: A Guide To Zen Practice



Synopsis

Thich Nhat Hanh brings his warmth and clarity to this unique explication of Zen Buddhism. Beginning with a discussion of daily life in a Zen monastery, Nhat Hanh illustrates the character of Zen as practiced in Vietnam, and gives the reader clear explanations of the central elements of Zen practice and philosophy. Thorough attention is given to concepts such as Awareness and Impermanence, and to contemporary issues such as the conflicts between modern technology and spirituality. The final section includes a set of 43 koans from the 13th century Vietnamese master, Tran Thai Tong, which are translated here for the first time into English. Originally published in 1974, Zen Keys has been unavailable for several years but is now reissued by popular demand. Readers will find it as fresh today as when it was first written, and will be struck by the timelessness of its insights. What makes this work particularly compelling is that Nhat Hanh is able to invigorate what in other presentations may seem like empty abstract principles. The example he has set in his own life as a relentless advocate for peace brings strength and a realistic understanding to idealistic Buddhist goals. In Zen Keys, Thich Nhat Hanh presents the philosophy which has enabled him to be mindful of peace in every moment. An excellent introduction from Philip Kapleau (author of the classic Three Pillars Of Zen) provides background on the emerging American Zen tradition.

Book Information

Paperback: 198 pages

Publisher: Harmony; Three Leaves Press ed. edition (December 1, 1994)

Language: English

ISBN-10: 0385475616

ISBN-13: 978-0385475617

Product Dimensions: 5.5 x 0.5 x 8.2 inches

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

Average Customer Review: 4.6 out of 5 stars 30 customer reviews

Best Sellers Rank: #180,414 in Books (See Top 100 in Books) #193 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Philosophy](#) #530 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#) #1272 in [Books > Health, Fitness & Dieting > Alternative Medicine > Meditation](#)

Customer Reviews

Thich explains in simple terms many of the more difficult theories and philosophies of Zen Buddhism in this 1974 title. The book also includes the first English translation of the writings of 13th-century

Text: English, French (translation) --This text refers to an out of print or unavailable edition of this title.

Thich Nhat Hanh is a true Zen master, utilizing his ability of skillful means to reach a variety of audiences. His books such as "Love" and "Living Buddha, Living Christ" are examples of his skillful means to an audience that needs an "easier" way to understand (not that those books aren't wonderful). Zen Keys can be considered a medium level book, with a good amount of philosophy from Zen and other Buddhist schools as well as history, a lot of Vietnamese names and terms, as well as 30+ koans translated by Hanh. As a college student studying religion, I found this book to be extremely wonderful- Hanh can express in fewer words the essence of Zen than other sources can do in pages, with dense and overdone writing. Also see Alan Watts (Spirit of Zen) for more of this same kind of material. I highly recommend this book to anyone who is interested in Zen, Buddhism, or 'enlightenment'. You will find yourself surprised to realize how simple it can be to reach Nirvana... that is, if your mind is ripe.

Thich Nhat Hanh's books are always brilliant and this one is no exception. He presents a concise, easy to understand way to understand Zen. It is because of Thich Nhat Hanh's books that I became interested in Zen in the first place. He truly is brilliant!

Thich Nhat Hanh is one of the best Buddhist writers. The clarity, and depth of his writing me it a joy to read. I also appreciate his openness to other religions. Zen Keys, is clear, and deep, and easy to read.

In a world where tons of junky "zen" products are poured into the North American marketplace, Nhat Hanh remains the 'real deal.' Even though it is a book, he evades the trap of over-theorizing and keeps the focus on practice. Short, simple, direct -- can be read again and again to remind us that being "mindful" is a practice, not a thought.

I purchased this book as a source of inspiration for my practice, however it turned out to be a summary of the Zen tradition from Vietnam. By all means it is a good book, just did not fit the current needs of my practice. Nevertheless, the 43 koans (translated to english for the first time by Thay)

are a true piece of art, which make this book a good addition to any Zen practitioner's library. I feel the book "Meet the Real Dragon" by Gudo Wafu Nishijima goes deeper into the essence of Zen practice, and therefore into the essence of life itself.

The descriptions are clearly written for easy understanding. The book builds from history of the spread of Zen from India and China and how it is translated and adopted into other cultures. I am just getting to the part discussing how our western culture needs to do that now.

As advertised

Thich Nhat Hanh is a great teacher. This is a well written book with a good message. I have read it and recommend it to my students.

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

ZEN: Everything You Need to Know About Forming Zen Habits Æ A Practical Guide to Find Inner Peace, Practice Mindfulness & Learn Zen Meditation (Zen Buddhism, Zen Mastery, Zen for Beginners) Zen: Beginner's Guide to Understanding & Practicing Zen Meditation to Become Present (Zen for Beginners, Zen Meditation, Zen Habits, Meditation for Beginners) Zen Buddhism: How Zen Buddhism Can Create A Life of Peace, Happiness and Inspiration (Zen Buddhism for Beginners, Zen, Zen Books) Zen: How to Practice Zen Everywhere in Your Daily Life (FREE Bonus Inside) (Zen Meditation, Zen for Beginners, Buddhism) Zen: Zen For Beginners Æ The Ultimate Guide To Incorporating Zen Into Your Life Æ A Zen Buddhism Approach To Happiness And Inner Peace 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) Zen Keys: A Guide to Zen Practice 8 Keys to Recovery from an Eating Disorder: Effective Strategies from Therapeutic Practice and Personal Experience (8 Keys to Mental Health) 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) Z.B.A.: Zen of Business Administration - How Zen Practice Can Transform Your Work And Your Life Zen Mind, Beginner's Mind: Informal Talks on Zen Meditation and Practice Zen Mind, Beginner's Mind: Informal Talks on Zen Meditation and Practice (Shambhala Library) Florida Keys Overseas Heritage Trail: A guide to exploring the Florida Keys by bike or on foot The Florida Keys (Florida Keys: A History & Guide) June Keith's Key West & The Florida Keys: A Guide to the Coral Islands (June Keith's Key West and the Florida Keys) Florida Keys (Lonely Planet Diving & Snorkeling Florida Keys) 8 Keys to

Parenting Children with ADHD (8 Keys to Mental Health) 10 KEYS TO UNLOCKING HAND PAIN:
Increase blood flow to ease pain & regain your strength, power & flexibility in 5 minutes a day (10
Keys to Unlocking Pain Book 2) Keys to Success: Building Analytical, Creative, and Practical Skills
Plus NEW MyStudentSuccessLab Update -- Access Card Package (7th Edition) (Keys Franchise)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)