

Taking The Path Of Zen Robert Aitken

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"Taking The Path of Zen" is the practice and philosophy of Zen Buddhism. The greatest strength of this book is the description of the meditative breathing techniques which are specifically geared for the novice as well as the more experienced practitioner. I would highly recommend this book. flag Like . see review

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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 ...

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Taking the Path of Zen | Robert Aitken | Macmillan

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Even though I have read and wrote reviews for numerous Zen books, I had never read this one (Taking the Path of Zen by Robert Aitken) until recently. This is not a new book. It was published in 1982, but most of the advice is timeless. This book is organized into nine chapters. There is also a foreword written by Gary Snyder. Chapter one covers the fundamentals in the practice of Zen. Chapter ...

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