



Buddhism Plain and Simple: The Practice of Being Aware, Right Now, Every Day

By Steve Hagen



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“This is the clearest and most precise exposition of Buddhism I have ever read. If you’re looking for enlightenment rather than just scholarly knowledge, you’d better read this.”—Robert M. Pirsig, author of *Zen and the Art of Motorcycle Maintenance*

This is a book about awareness. It’s about being “awake” and in touch with what is going on here and now. Practical and down-to-earth, it deals exclusively with the present, not with speculation, theory, or belief in some far off time and place. The teachings of the Buddha are plain and straightforward, and because they remain focused on the moment, they are just as relevant now as they have ever been. *Buddhism Plain and Simple: The Practice of Being Aware, Right Now, Every Day* is the book for anyone wanting to discover, or rediscover, the essence of Buddhism.

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Buddhism Plain and Simple: The Practice of Being Aware, Right Now, Every Day By Steve Hagen **Bibliography**

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Editorial Review

Amazon.com Review

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*

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. Michael T. Fein, Catawba Valley Community Coll., Hickory, NC
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About the Author

Steve Hagen has studied Buddhism for thirty years, including fifteen years with Zen Master Dainin Katagiri, from who he received Dharma Transmission (endorsement to teach). He is a Zen priest currently teaching at the Dharma Field Meditation and Learning Center in Minneapolis. The author of *How the World Can Be the Way It Is*, he lives in Minneapolis.

Users Review

From reader reviews:

Richard Hood:

Information is provisions for folks to get better life, information presently can get by anyone from everywhere. The information can be a expertise or any news even a concern. What people must be consider if those information which is within the former life are challenging to be find than now is taking seriously which one is appropriate to believe or which one the resource are convinced. If you receive the unstable resource then you buy it as your main information there will be huge disadvantage for you. All those possibilities will not happen inside you if you take *Buddhism Plain and Simple: The Practice of Being Aware, Right Now, Every Day* as the daily resource information.

Eula Hunter:

Reading a reserve tends to be new life style on this era globalization. With looking at you can get a lot of information that may give you benefit in your life. Using book everyone in this world could share their idea.

Books can also inspire a lot of people. Many author can inspire their own reader with their story or their experience. Not only the story that share in the books. But also they write about the ability about something that you need example. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book that you can get now. The authors nowadays always try to improve their skill in writing, they also doing some study before they write to their book. One of them is this Buddhism Plain and Simple: The Practice of Being Aware, Right Now, Every Day.

Belinda Smith:

A lot of people always spent their particular free time to vacation or maybe go to the outside with them friends and family or their friend. Did you know? Many a lot of people spent they will free time just watching TV, or playing video games all day long. If you want to try to find a new activity honestly, that is look different you can read a new book. It is really fun for yourself. If you enjoy the book that you read you can spent the entire day to reading a guide. The book Buddhism Plain and Simple: The Practice of Being Aware, Right Now, Every Day it doesn't matter what good to read. There are a lot of people who recommended this book. We were holding enjoying reading this book. Should you did not have enough space to deliver this book you can buy the e-book. You can m0ore very easily to read this book from your smart phone. The price is not too costly but this book provides high quality.

Lowell Bohler:

Reading can called head hangout, why? Because when you find yourself reading a book specially book entitled Buddhism Plain and Simple: The Practice of Being Aware, Right Now, Every Day your mind will drift away trough every dimension, wandering in every single aspect that maybe unidentified for but surely can become your mind friends. Imaging every single word written in a book then become one web form conclusion and explanation which maybe you never get prior to. The Buddhism Plain and Simple: The Practice of Being Aware, Right Now, Every Day giving you an additional experience more than blown away your head but also giving you useful details for your better life in this era. So now let us teach you the relaxing pattern this is your body and mind is going to be pleased when you are finished reading through it, like winning a casino game. Do you want to try this extraordinary spending spare time activity?

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