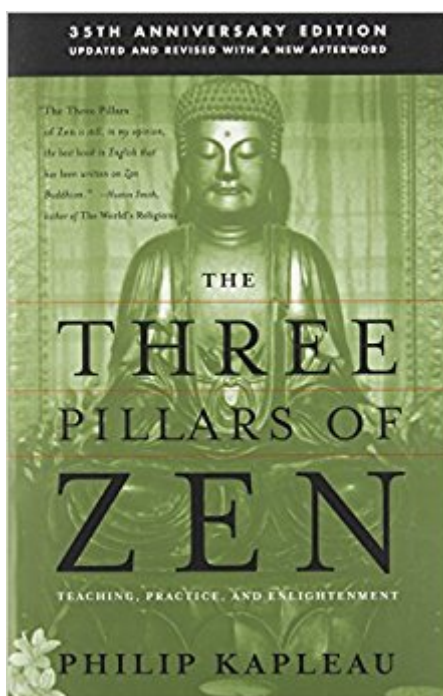


The book was found

The Three Pillars Of Zen, 25th Anniversary Updated And Revised Edition



Synopsis

In this classic work of spiritual guidance, the founder of the Rochester Zen Center presents a comprehensive overview of Zen Buddhism. Exploring the three pillars of Zen—teaching, practice, and enlightenment—Roshi Philip Kapleau, the man who founded one of the oldest and most influential Zen centers in the United States, presents a personal account of his own experiences as a student and teacher, and in so doing gives readers invaluable advice on how to develop their own practices. Revised and updated, this 35th anniversary edition features new illustrations and photographs, as well as a new afterword by Sensei Bodhin Kjolhede, who succeeded Kapleau as spiritual director of the Rochester Zen Center. A moving, eye-opening work, *The Three Pillars of Zen* is the definitive introduction to the history and discipline of Zen.

Book Information

Paperback: 399 pages

Publisher: Anchor; 35 Rev Upd edition (February 27, 1989)

Language: English

ISBN-10: 0385260938

ISBN-13: 978-0385260930

Product Dimensions: 5.2 x 0.9 x 8 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 136 customer reviews

Best Sellers Rank: #41,805 in Books (See Top 100 in Books) #48 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Spirituality #49 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Philosophy #74 in Books > Politics & Social Sciences > Philosophy > Religious

Customer Reviews

"The Three Pillars of Zen is still, in my opinion, the best book in English that has been written on Zen Buddhism." —Huston Smith, author of *The World's Religions and Forgotten Truth* "The Three Pillars of Zen heralded the end of armchair Buddhism. With this practical guide to Zen meditation, Roshi Kapleau ushered in the first wave of American zazen practitioners. It was extraordinarily inspiring. It still is." —Helen Tworok, founding editor of *Tricycle: The Buddhist Review* and author of *Zen in America* "For over thirty years Roshi Kapleau's *Three Pillars of Zen* has been the wellspring of Zen teachings for practitioners in the West, remaining as vital and fresh today as it was when it was originally published. It truly ranks among the timeless classics of Zen

Buddhism."Â â "Roshi John Daido Looi, Abbot, Zen Mountain Monastery"For anyone seriously interested in Zenâ "this book will be invaluable."Â â "TheÂ Times Literary Supplement (London)

Text: English, Japanese (translation)

I wasn't expecting something like a text book when I ordered this book, but I am glad that I did pick it up and decide to read through it and learned a lot. It helped me understand Zen and how one would practice this. It also gives advice on how to avoid some of the misconceptions about the practice and how to identify them. I recommend it.

This book is an absolutely amazing introduction to Zen Buddhism as it is truly practiced. It is extremely elaborate, well written, and informative. The book gives an excellent glimpse into monastic life, how to do zazen (the bread and butter meditation method of Zen) and even presents accounts of meetings between novices and their zen teacher. The book also contains concise backgrounds and historical accounts about Zen, and provides examples of modern day enlightenment experiences. I highly recommend this book to anyone who is SERIOUSLY interested in Zen Buddhism.

Written by a Westerner, this book by Roshi Kapleau is the best description of living Zen what I have read. The meaning of Buddha's enlightenment became so much clearer through well-written explanations and by personal statements of their experiences by eight Zen students. If you are interested in Buddhism and Zen, buy this book. Then you only need to find your own way to self-realization: there is no you, therefore, be compassionate.

This book is a pillar itself in Zen Buddhism, especially Soto Zen. I have such a better insight as to the practice of Zen, after having read this book. Zen is still so new in the United States, that many people know so little of it. Yet it is a beautiful, pragmatic, enriching & mind-enhancing way of life. For anyone wishing to know more about Zen Buddhism, get this book. And do not just read through it, but study it, as I did.

I've been reading about zen for over ten years and never had a real idea of exactly how zen is practiced! The ancient texts are generally specific talks on the idea of Zen or seemingly odd conversations and actions. Neither of which give a clear picture of zen in action. This book clearly

explains how zen is practiced and taught. It also gives modest instruction on meditation and koan study. With diagrams and detailed posture instructions. A really amazing thing is that it gives actual conversations (dokusan) between students and the roshi! I've never seen these before. After reading these one understands how zen is practiced in sesshin. It also gives enlightenment experiences of practitioners. Also this lineage is both soto and rinzai which is really great because it displays the full arsenal of zen teachings without leaning too hard on just shikantaza or just koans. Oddly enough this makes this school unique but in reality the soto school used to teach more like this but for some reason decided to drop kensho focused koan study in the 1800's. I fully recommend this book ESPECIALLY as an intro to zen!!!

Kapleau has written and compiled a very helpful set of readings for those of us who are new to Zen, particularly those of us who are trapped in a western mind. The book helped me understand that I do not have to escape the mind I have acquired but I do have to, and can, expand it significantly. It contains good descriptions of the methods of Zen, the reasons for those methods, and demonstrations that they work. My thanks.

It is a must-have for anyone interested in Zen Buddhism and/or meditation. It is very well structured, informative and nicely written. I bought the kindle edition, but I think I'll get the printed version. It's one of those books worth having around the house, and revisiting from time to time.

Good book.

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

The Three Pillars of Zen, 25th Anniversary Updated and Revised Edition
ZEN: Everything You Need to Know About Forming Zen Habits
“ A Practical Guide to Find Inner Peace, Practice Mindfulness & Learn Zen Meditation (Zen Buddhism, Zen Mastery, Zen for Beginners)
Zen Buddhism: How Zen Buddhism Can Create A Life of Peace, Happiness and Inspiration (Zen Buddhism for Beginners, Zen, Zen Books)
Zen: Beginner's Guide to Understanding & Practicing Zen Meditation to Become Present (Zen for Beginners, Zen Meditation, Zen Habits, Meditation for Beginners)
Liar's Poker (25th Anniversary Edition): Rising Through the Wreckage on Wall Street (25th Anniversary Edition)
Zen: Zen For Beginners
“ The Ultimate Guide To Incorporating Zen Into Your Life
“ 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: How to Practice Zen Everywhere in Your Daily Life (FREE Bonus Inside)

(Zen Meditation, Zen for Beginners, Buddhism) The Three Pillars of Zen: Teaching, Practice, and Enlightenment The True Story of the Three Little Pigs 25th Anniversary Edition Diana: Her True Story, Fully Revised 25th Anniversary Edition (Thorndike Press Large Print Biographies & Memoirs Series) Transitions: Making Sense of Life's Changes, Revised 25th Anniversary Edition Guest Book 50th Wedding Anniversary: Beautiful Ivory Guest Book for 50th Wedding Anniversary, Golden Anniversary Gift for Couples Making Color Sing, 25th Anniversary Edition: Practical Lessons in Color and Design How to Work a Room, 25th Anniversary Edition: The Ultimate Guide to Making Lasting Connections--In Person and Online Where the Sidewalk Ends: The Poems and Drawings of Shel Silverstein (25th Anniversary Edition Book & CD) The Road Less Traveled: A New Psychology of Love, Values, and Spiritual Growth, 25th Anniversary Edition Friday Night Lights, 25th Anniversary Edition: A Town, a Team, and a Dream Servant Leadership [25th Anniversary Edition]: A Journey into the Nature of Legitimate Power and Greatness

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)