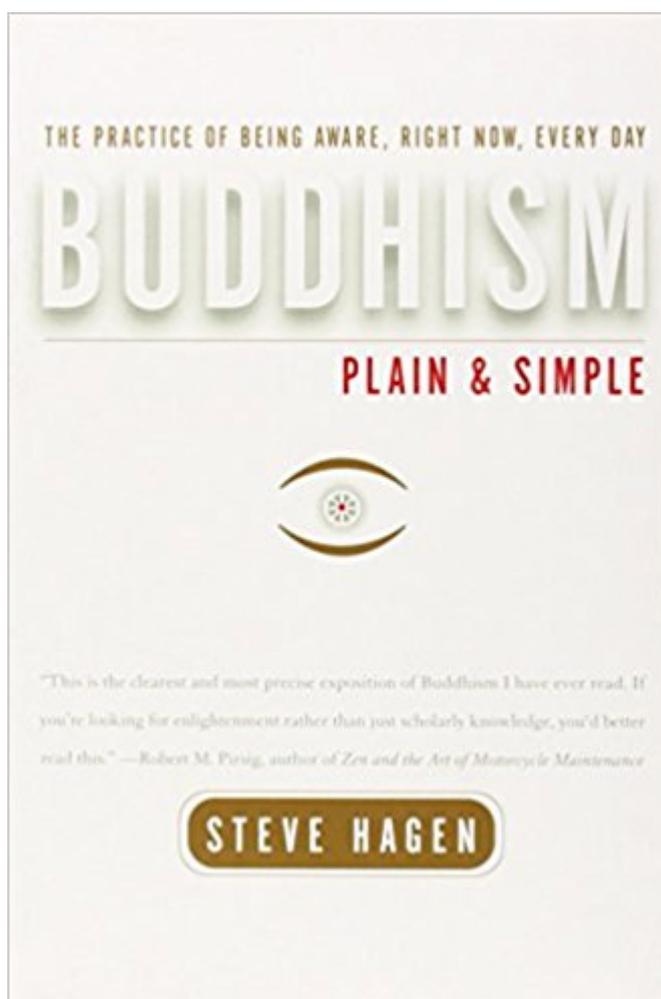


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# Buddhism Plain And Simple: The Practice Of Being Aware, Right Now, Every Day



## Synopsis

“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.

## Book Information

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## Customer Reviews

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

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 Copyright 1999 Reed Business Information, Inc.

This book is to be read more than once. It touches on the very essence of what Buddhism is all about on an introductory level. Do not read this book believing you will "get it" the first go round. Read it, study it. Just do not read it with great expectations of becoming an all-knowing Buddhist monk. I found this book very informative and insightful. It has greatly sparked my interest in continuing my study of the Buddhist traditions and the study of the Dharma.

I have been practicing for 10 years and read many books. I found this to be one of the best books on the subject!It is written in plain language but there's still a complexity to Buddhism in general, so the book will most likely be useful and understood by a moderately experienced student..

As an atheist, I've always been attracted to Buddhism. I thought, I'll just be a Buddhist without all the mumbo-jumbo woo-woo. Buddhism as explained in this book has no mumbo-jumbo, it is a simple clear practice of getting connected with reality. I really like this book for its ability to demonstrate the teachings of Buddhism without any of the "beliefs" attendant to Buddhist sects, such as reincarnation, ancestor worship, or other distractions. I'm learning a lot from reading it. I can see it will be one to read over and over.

For people who are looking for answers to deal with our everchanging society, this book tells you the key. I highly recommend deciding up front that you want to learn, and treat this like a high school or college course. Sit down at a table, read and make notes like there was going to be a test on the material. I made the choice to initially highlight the book. Lesson learned. Now I have to do exactly what I recommended. It's still a great read, and a true challenge to everything you've most likely

been taught over your lifetime.

I haven't read much about Buddhism so this is the perspective of someone who is fairly new at the subject. I found this book very clear written and to the point. The book is as the title suggests "plain and simple". I would definitely recommend it to someone wanting to learn about the basics of Buddhism or someone who wants a different perspective on living. The "plain and simple" concept is also visible in the content itself making it a very refreshing view of a way of life. It's not trying to convert you into Buddhism which is great. Its focus is to inform the reader of basics. I did find it ended a bit fast. I wish there was a sequel to it that goes deeper into the subject in the same informative, plain and simple way.

I would consider this an excellent read for anyone interested in Buddhist philosophy. The author leaves you with a positive message on Buddhist thought.

As the title suggests it is about Buddhism plain and simple. This is one of a handful of books on the subject of Buddhism, that truly puts it in simple terms. Mr Hagen breaks it down so anyone can understand. I have read several books on this subject, and lots of times the books are basically too complicated, if you have no prior knowledge of Buddhism. Mr Hagen I have given a few copies of this book to friends that ask me about Buddhism. This book is for anyone who wants to learn about Buddhism. This book is my top choice for people new to the subject. Alan Watts also has some great books on Buddhism, that are similar in context. But this is my number one recommendation.

This is a really good book for those of us who are new to Buddhism.

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