

IN PRINT

The Still Point A Beginner's Guide To Zen Meditation

By John Daido Looi (*Dharma Communications; 1996*)

An Excerpt: There are many schools of Buddhism and a vast array of teachings on how to realize our true nature. Some schools focus on the rules of conduct. Others concentrate on academic study and debate. Still others use visualizations and chanting of sacred sounds and words. In Zen, the emphasis is on zazen, or sitting Zen. Zazen is the heart of the Zen path.

Most of us spend our time preoccupied. We are constantly carrying on an internal dialogue. While we are involved in talking to ourselves, we miss the moment-to-moment awareness of our life. We look, but we don't see. We listen, but we don't hear. We eat, but we don't taste. We love, but we don't feel. The senses are receiving all the information, but because of our preoccupations, cognition is not taking place. Zazen brings us back to each moment. The moment is where our life takes place. If we miss the moment we miss our life.

In zazen, as you practice letting go of your thoughts and internal dialogue, and bringing your mind back to the breath, the breath will slowly get easier and deeper, and the mind will naturally rest. The mind is like the surface of a pond. When the wind blows, the surface is disturbed. Then there are waves and ripples, and the image of the sun or the moon is broken up.

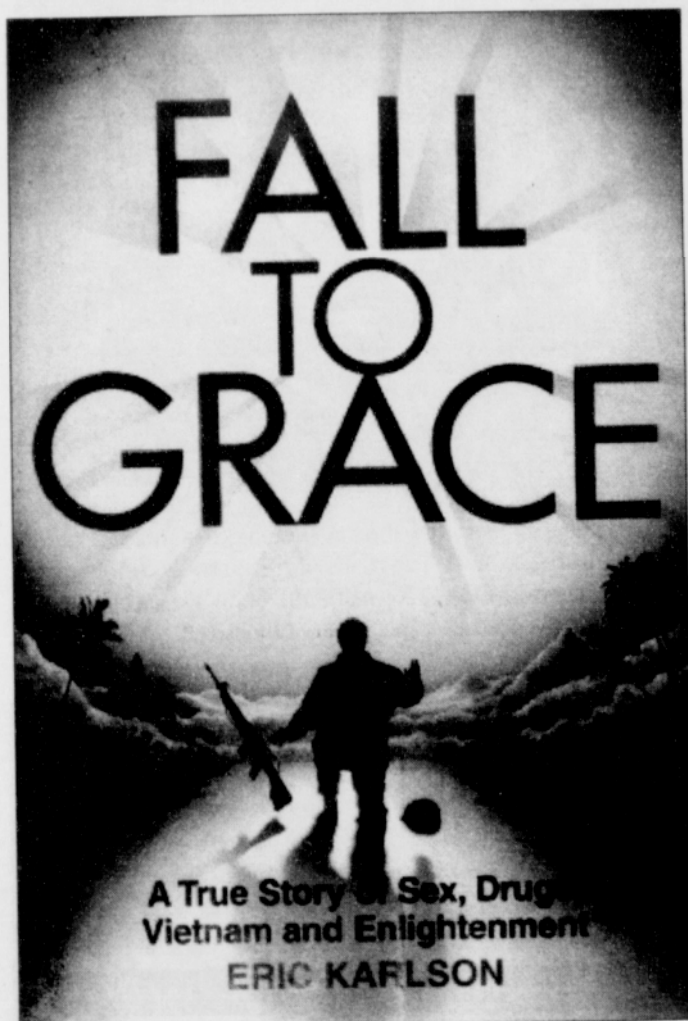
A still mind is unobstructed - always open and receptive. It doesn't hold on or attach to anything. At any moment in time, it is free.

GREAT PEARL COLLECTION • VOLUME 1

THE STILL POINT

A Beginner's Guide to Zen Meditation

JOHN DAIDO LOORI



Fall To Grace

By Eric Karlson (*Mariposa Press; 1999*)

Eighteen years old, hooked on drugs, his buddy recently dead from an overdose, Eric Karlson joins the Army hoping to kick his habit. Two months later, he finds himself stationed in Vietnam, smuggling heroin and opium from villagers to GIs on his base.

After witnessing incredible brutalities by some American forces towards innocent peasants, something snaps inside Eric. He throws down his M-16 rifle and goes AWOL. Villagers hide and protect him as he learns their simple ways of compassion. A prostitute in Hue falls in love with him, and a Vietnamese nurse befriends him.

Eric discovers an inner voice telling him to resist the strident U.S. military presence. He convinces some GIs to go AWOL and join him, but others try to murder him. The resisters are hunted by the Military Police, but are mysteriously protected. At Eric's greatest time of need, an angelic Being of Light reveals itself to him.

Guided by a higher presence, Eric's efforts to persuade other GIs to join the resistance effort lead us to a stunning conclusion, one which offers a remarkable vision and hope for the future.

Copies of the book can be obtained directly via our web site at www.MariposaPress.com, by fax at (303) 939-8720, by telephone at 888-384-8916 or from your local bookstore.

A Book Of Five Rings

Miyamoto Musashi (*Overlook Press; 1974*)

The Japanese entrepreneur, is not nurtured at an Asian equivalent of our Harvard Business School. Instead, he studies, lives and works according to an almost-mythic tome written in 1645 by the great Samurai, Miyamoto Musashi. Musashi was Japan's most renowned warrior. By age 30 he had fought and won over 60 duels by killing his opponents. The invincible Musashi eventually retired to a cave to record for future generations the lessons of his intense life. There he completed, a few weeks before his own death, the classic *A Book of Five Rings*. He wrote it not only as a thesis on battle strategy, but "for any situation where plans and tactics are used." Not surprisingly, business executives of 20th Century Japan revere Musashi's philosophy as a guide for their daily decisions. And they therefore view the running of a business like a military operation.

A BOOK OF FIVE RINGS
MIYAMOTO MUSASHI



THE CLASSIC GUIDE TO STRATEGY

The Overlook Press

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THE NEW YORK TIMES

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tues., april 20, 7:30 pm
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