



Taking the Path of Zen

Robert Aitken

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There is a fine art to presenting complex ideas with simplicity and insight, in a manner that both guides and inspires. In *Taking the Path of Zen* Robert Aitken presents the practice, lifestyle, rationale, and ideology of Zen Buddhism with remarkable clarity.

The foundation of Zen is the practice of zazen, or mediation, and Aitken Roshi insists that everything flows from the center. He discusses correct breathing, posture, routine, teacher-student relations, and koan study, as well as common problems and milestones encountered in the process. Throughout the book the author returns to zazen, offering further advice and more advanced techniques. The orientation extends to various religious attitudes and includes detailed discussions of the Three Treasures and the Ten Precepts of Zen Buddhism.

Taking the Path of Zen will serve as orientation and guide for anyone who is drawn to the ways of Zen, from the simply curious to the serious Zen student.

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