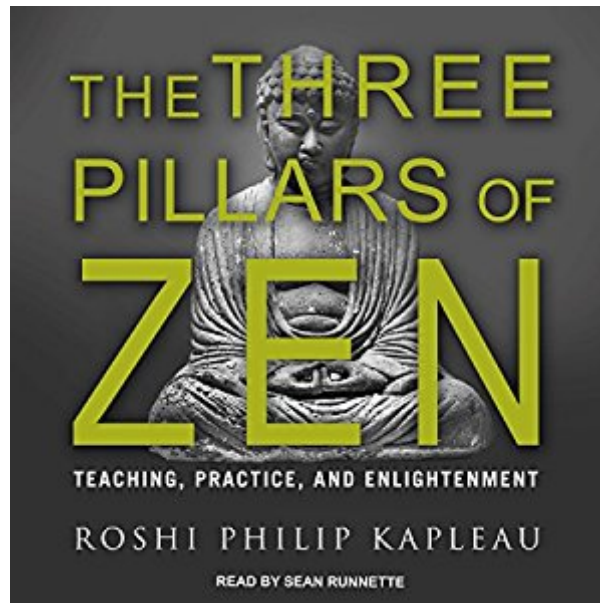




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# The Three Pillars Of Zen: Teaching, Practice, And Enlightenment



## 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 listeners invaluable advice on how to develop their own practices. Revised and updated, this edition features 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

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## Customer Reviews

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 visiting from time to time.

Good book.

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