
NO FEAR ZEN

Discovering Balance in an Unbalanced World



Richard Collins

No Fear Zen Discovering Balance In An Unbalanced World

Brenda Shoshanna



No Fear Zen Discovering Balance In An Unbalanced World:

No Fear Zen Richard Collins, 2015-05-18 *No Fear Zen* presents an approach to Zen practice that focuses on concentration and sitting shikantaza as a discipline that can be practiced in everyday life with the dedication of the samurai And in a world that requires bravery and decisive action in addition to generosity and compassion we can learn much from the now extinct samurai in creating a new kind of warrior for peace in the twenty first century While some practices focus on compassion and mindfulness as the goals of Zen practice *No Fear Zen* contends that these are outcomes that occur naturally spontaneously and automatically from right practice without any goal or object whatsoever In this way *No Fear Zen* is the sequel to the author's edition of Deshimaru's *Mushotoku Mind* which encouraged practice for one purpose only the purpose of no purpose the gain of no gain the profit of no profit The brief Zen talks that constitute the core of the book continue the tradition of spontaneous oral teachings delivered by the teacher or roshi during zazen The collection might remind some of the classic *Zen Mind Beginner's Mind* since the talks can serve either as an introduction to those beginning practice or as a manual for those interested in a structured approach to Zen practice The tone of the talks ranges from humorous and informal to penetrating and philosophical with references to day to day issues we all face as well as to works of literature For example several essays instruct in how to sit how to manage mind and emotions while others roam into difficult arenas like the author's experience in bringing zazen instruction to those incarcerated in a federal penitentiary As a professor of arts and humanities Dr Collins uses great literature like Shakespeare's *Hamlet* to demonstrate his case for fearless action uncomplicated by over thinking The collection ends with a sustained commentary on the twenty one deathbed teachings of the samurai Miyamoto Musashi to his student Terao Magonjo This provides a suitable conclusion to the work which has focused on concentration and discipline for their own sake with the result of dispelling fear of death and fear of life As the author's teacher Robert Livingston always said coming to zazen was like climbing into your coffin but after zazen there was no fear

Zen & Karma Roshi Taisen Deshimaru, 2016-04-27 Taisen Deshimaru 1914 1982 was a Japanese Zen Master and the individual largely responsible for bringing Soto Zen to Europe A legendary figure widely acknowledged throughout the Zen world he stands in the ranks of the great Zen teachers of modern times including Suzuki Roshi Maezumi Roshi and others This second edition of his book *The Voice of the Valley* first issued in 1979 contains the pure Deshimaru vintage teaching Uniquely it is one of the few Zen books treating the subject of karma a principle deeply entrenched in Hindu and some Buddhist traditions but rarely taught within Zen Karma generally refers to the principle of cause and effect acknowledging that each individual will reap what they sow whether in this lifetime or some future life Deshimaru however explains that this doctrine really has nothing to do with a simple good or bad balance chart for the individual person but rather concerns the activity of humanity as a whole He highlights the necessity for clearly seeing one's own thinking which is creating the hell that we and others endure an immediate karmic payback With zazen a practitioner becomes not only

acquainted with the contents of mind but able to refocus it allowing the body to think in ways that are beneficial to oneself and others As he compares this doctrine of karma within Mahayana Buddhism with Western philosophy he points to the need for wise and ethical action in all aspects of life His dedication like that of great masters in all traditions is with the relief of suffering and the clarity needed to pierce to the cause of suffering Serious sitting practice in the way he presents it creates that access The book is a live record of the Master's teaching content kusens and his style of presentation during a practice sesshin retreat of several days Deshimaru spoke in English and his words were recorded and compiled from notes taken by the editor Coupey and other students His subjects are as timely today as they were in the late 70s At a time when contemporary Zen practice has been co-opted by the culture of new and now his teachings do not compromise This is no self-oriented wellness Zen cultivated for feeling more relaxed This is the real deal a call to a stark no gain approach to clear perception of reality from one who studied and practiced this tradition fully aligned to its source As such this book is a precious vehicle of direct transmission The Canadian Alpine Journal ,1978 **Comfort** ,1914 In Search of the Hermaphrodite Richard Collins,2024-09-24 The quest romance is at its best when the outward journey reflects the seeker's inner landscape and even better when it is rooted in a reality we can relate to as it is in Richard Collins's memoir In Search of the Hermaphrodite As a young Fulbright scholar the author set out to do academic research in the libraries and museums of Britain and Europe Forty years later the author like Proust goes in search of the time lost during that unfinished project His research subject had ostensibly been the figure of the hermaphrodite in art and literature however in the pubs and bedrooms of Europe he comes to discover a world of love and longing beyond art so that it becomes obvious that the real object of his obscure desire is to be found within himself The romance of this quest takes a picaresque turn because this is no story of medieval errant knighthood but rather the confessions of a flawed and erring narrator firmly and frankly exploring the sensuous reality of the here and now The book's generous illustrations give readers a taste of the wide range of art and literature ancient and modern that guides the author in his quest not for a holy grail or a philosopher's stone but for the meaning of a life thoroughly and truthfully examined from every angle intellectually sexually and spiritually Erudite without pedantry Collins's search for the hermaphrodite is as entertaining as it is enlightening **Zen Michael Stories - Super Pack 10 Books** Zen Michael,2021-02-05 This Pack joins 10 books of the Stories collection written by Zen Michael Use it to save and read more stories that will help you find joy and peace These are the 10 books included in this pack BOOK 1 DON'T TRY TO BE NORMAL THE WORLD NEEDS YOU TO BE YOURSELF Let's break the vicious cycle of trying to be like others BOOK 2 LEARN TO MANAGE YOUR EMOTIONS The first step is to accept what you feel BOOK 3 2020 MINDFUL BALANCE HOW I EVOLVED INSIDE A personal assessment of my path to a better life BOOK 4 HOW WE CAN STOP CREATING MORE PROBLEMS FOR OURSELVES Use awareness to create no more problems no more pain BOOK 5 7 REASONS WHY WE NEED TO CELEBRATE MORE OFTEN Don't miss any chance to celebrate your small wins BOOK 6 WHY YOUR BEST

FRIEND IS NOT A PROBLEM SOLVER A true friend gives us much more than solutions BOOK 7 HOW SOMEONE CAN BE YOUR FRIEND BY NOT CONTACTING YOU An unusual lesson on friendship and kindness BOOK 8 7 THINGS YOU WILL LOSE IF YOU DON T LEARN TO REALLY LISTEN TO OTHERS Active listening is crucial to understand the message BOOK 9 LEARN THE MEANING OF EMPTINESS Mindfulness will show you that emptiness is not nothing BOOK 10 MINDFULNESS IS LIKE EATING YOU HAVE TO ACTUALLY DO IT TO GET THE BENEFITS In the long run all it requires is practice Use this economic pack to save and read more inspirational stories wrritten by Zen Michael Remember you can always find peace and joy just look inside yourself Zen Michael *Zen Miracles* Brenda Shoshanna,2007-08-17 This wonderful book brings East and West and ancient and modern worlds together and provides profound wisdom and guidance for anyone struggling with stress anxiety anger fear or loneliness Beautifully written funny warm and filled with unusual wonderful exercises A real miracle Rabbi Gary Moskowitz Director of the Institute for Violence Prevention A healing journey into the inner conflicts and contradictions that separate spirit from self Armand DiMele the DiMele Center for Psychotherapy Dr Brenda Shoshanna is a versatile creative warm and truly excellent teacher Rabbi Joseph Gelberman founder of the Interfaith Seminary and Director of the All Faith Seminary *Zen Miracles* is an inviting and inspiring message for those looking for a more simple and powerful way to enhance their lives and for those who want to integrate a practical way of peace in today s distorted and increasingly violent world Bob Goff NY Naturally *Zen Miracles* is a book that is invaluable for anyone seeking to bring a profound yet genuinely joyous experience to life Brenda Shoshanna explores the spiritual and therapeutic aspects of Zen practice in a way that is acceptable to anyone no matter what their faith philosophy or religious beliefs With her warm and compassionate style she exhibits the unique ability to explain even the most difficult ideas in understandable terms Her approach is readily accessible and applicable to even the most mundane of activities This book is a must for anyone seeking the secrets for attaining a balanced life and true peace of mind Lewis Harrison Director of the Academy of Natural Healing *Stone Nest* Richard Collins,2025-09-23 In the tradition of the ancient Chinese poets who went to the mountains to be closer to nature and themselves Richard Collins delivers these dispatches from his mountain retreat called Stone Nest in Sewanee Tennessee As a Zen monk teacher and abbot Collins pays tribute and attention to the art of nature and the nature of art always with a questioning sensibility that asks what more do the voices of mountains and waters have to tell us How can we listen to and truly see what is all around us How can we live our lives with authenticity and daring yet with compassion and concern for all beings sentient or not *Stone Nest* explores the seasons of the mind and its responses to the seasons of a particular patch of land and the journey one has taken in time and space to settle there How do poetry and painting philosophy and religion sensation and memory distort and disclose the gifts of the natural environment The title captures the kind of comfort we can expect when we make a rugged landscape our home and meditation hall **Living By Zen: Timeless Truths for Everyday Life** ,2016-11-01 Discover the 2 000 Year Old Zen Secret of Feeling Calm Balanced and Positive No Matter what s Going On

In Your Life In this book you will discover ways to dissolve stress and anxiety and find true calm relaxation and peace of mind You will discover some of the things that steal your peace of mind and learn new ways of handling them You will dissolve popular myths about mental health see why they re wrong and how it s easy to turn around the way you feel and live a fulfilling life right now There s no need to constantly build strategies and figure out what to do and it s a mistake to try to change and manage everyone in sight This book will show you a completely different approach to living one that will make you and those around you feel brand new Praise for Dr Brenda Shoshanna s books Dr Shoshanna s words are wonderful Marianne Williamson A powerful potentially life changing book Body the rigor of traditional monastic training shines through the spare language and format Aspects of Zen training that can be controversial or confounding are presented matter of factly Shoshanna holds out the redemptive possibilities of practice Tricycle Magazine Dr Shoshanna s book has less to do with the mechanics of sitting and more to do with the realities of integrating Zen practice into real life Shoshanna extends an empty and richly filled hand offering both the sublime and the practical which are one and the same in the Zen world This is a highly recommended volume for beginners and new practitioners Publishers Weekly Dr Shoshanna challenges us to let go of fantasies expectations fears and anticipation so we can be fully present to life Her wisdom is genuine and deeply considered Her book is well worth reading Spiritual Parenting If you are looking for a way to have happiness and still live in this world you have come to the right book Rarely do eloquent prose gems of quotes simple wisdom and practical exercises come in one book Zen Miracles offers all of these and more Whatever your spiritual orientation this is a book you will refer to for years to come Lee Jampolsky Ph D author of Healing Together Healing the Addictive Mind and The Art of Trust This wonderful book brings East and West and ancient and modern worlds together and provides profound wisdom and guidance for anyone struggling with stress anxiety anger fear or loneliness Beautifully written funny warm and filled with unusual wonderful exercises A real miracle Rabbi Gary Moskowitz Director of the Institute for Violence Prevention With her warm and compassionate style Dr Shoshanna exhibits the unique ability to explain even the most difficult ideas in understandable terms This book is a must for anyone seeking the secrets for attaining a balanced life and true peace of mind Lewis Harrison Director of the Academy of Natural Healing

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