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Buddhism Plain and Simple by Steve Hagen

Among them, "Buddhism Plain & Simple" is one of the top five bestselling Buddhism books in the United States. He has been a student of Buddhist thought and pract Stephen Tokan "Steve" Hagen, R shi, (born 1945) is the founder and head teacher of the Dharma Field Zen Center in Minneapolis, Minnesota, and a Dharma heir of Dainin Katagiri-roshi.

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Buddhism is simply the path of awakening to levels of who we are at our finest. Buddhism is a philosophy that provides us with a way of looking and interacting with ourselves and the world. And the way we look at the world affects everything we do. Zen priest Steve Hagen wrote Buddhism Plain and Simple to illuminate this point.

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Buddhism Plain and Simple by Steve Hagen is one of the most straightforward guides to Buddhism that you could ever hope for, and that s because it focuses on just one thing awareness. As the author writes in his Introduction: When the Buddha was asked to sum up his teaching in a single word, he said awareness. This is a book about awareness.

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Buddhism Plain and Simple Paperback Tuttle Publishing

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Buddhism Plain and Simple Dharma Field

Buddhism is about awareness--being awake, alert, in touch with what is actually happening. Dharma Field is located in Minneapolis Minnesota and welcomes everyone. We offer instruction on mindfulness meditation, and talks and classes on Zen Buddhism. Buddhism Plain and Simple, is a delightfully direct pathway toward our true heart.

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Buddhism Plain and Simple Steve Hagen Google Books

Steve Hagen is a Buddhist teacher and a Zen priest. The author of Buddhism Plain and Simple as well as other publications, he studied with Zen Master Dainin Katagiri for more than a decade. He teaches at Dharma Field Meditation and Learning Center in Minneapolis, where he makes his home.

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Buddhism Plain and Simple offers listeners these fundamental teachings, stripped of cultural trappings that have accumulated around Buddhism over the past 25 centuries. The newcomer will be inspired by the clear, simple principles found in Buddhism Plain and Simple, and those familiar with Buddhism will welcome this long-needed overview.

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