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Buddha in Blue Jeans - An Extremely Short Simple Zen Guide To Sitting Quietly and Being Buddha. Tai Sheridan is a Zen priest in the Suzuki Roshi Lineage. His poetry transforms ancient Zen and Buddhist classics into accessible and inspirational verses. He has affiliated with San Francisco Zen Center, Berkeley Zen Center, Dharma Eye Sangha, Zen Heart Sangha, and the Shogaku Zen Institute.

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Buddha. Sitting quietly can teach you many ways to accept life, meet pain, age gracefully, and die without regret. I wrote this book for one reason: to encourage you to sit quietly every day. Please enjoy being Buddha in Blue Jeans: a person of presence, openness, love, and benefit. Tai Sheridan Kentfield, California 2011

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Buddha in Blue Jeans: An Extremely Short Zen Guide to Sitting Quietly and Being Buddha By Tai Sheridan, Ph.D. Poet-Philosopher and Zen Priest Tai Sheridan's 'Buddha in Blue Jeans' is an extremely short, simple, and straight forward universal guide to the practice of sitting quietly and being yourself, which is the same as being Buddha.

Smashwords - Buddha in Blue Jeans: An Extremely Short Zen ...

He leads Blue Jean Zen retreats and offers spiritual mentoring. His poetry transforms ancient Buddhist texts into accessible and inspirational verse. The Buddha in Blue Jeans series is a modern contemplative approach to spiritual awakening. Tai lives in Marin County, California, where he has raised his four children.

Tai Sheridan, Zen - Audio Enlightenment

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