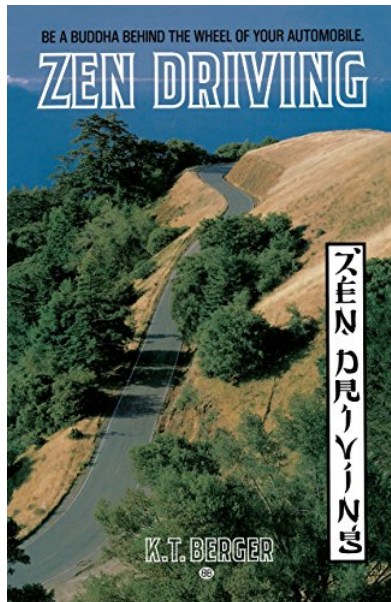


[GET] Zen Driving: Be a Buddha Behind the Wheel of Your Automobile



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Zen Driving can make each driving experience enjoyable, whether its a daily hour-long drive to work, or a ten-minute run to the local Safeway. You may well ask, what is Zen driving? The Japanese word zen literally means meditation, and meditation means being fully aware, fully in touch with your surroundings. When you are in a meditative state, you are in your natural self, your Buddha self and you can do it while driving. But why Zen driving? The purpose of Zen Driving, the book, is to introduce you to your natural self, which is what remains when you still your mind and ignore your chattering ego. When you do this, you gain confidence in your ability, and finally you are that ability. The frustrations of other drivers cutting you off or causing you to sit through two red lights because theyre too timid to make a left turn on yellow will no longer make your blood pressure explode. Zen Driving will teach you to look, simply observe without qualification, and then make your move. Zen driving is effortless, spontaneous, nondeliberate. It is being one with the road. And in turn, driving becomes a pathway to consciousness, an activity that clears the mind and soothes the soul, something to take with you all those other times when youre not behind the wheel.

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