

Taking The Path Of Zen Robert Aitken

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"Taking the Path of Zen" serves as a primer for the practice of zazen meditation. Aitken's instructions are remarkably clear and explained in a way that makes them easy to approach: he gives very good advice on focusing the breath, the proper sitting posture (and exercises that can be done to facilitate that posture), all the while being gently encouraging.

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I have been interested in the philosophy of Zen for most of my life. Even though I have read and wrote reviews for numerous Zen books, I had never read this one (Taking the Path of Zen by Robert Aitken) until recently. This is not a new book. It was published in 1982, but most of the advice is timeless. This book is organized into nine chapters.

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"I welcome with great pleasure Robert Aitken Roshi's introduction to Zen practice, Taking the Path of Zen. I feel this will be a valuable source of information and inspiration both for those who have a passing interest in the subject and those who have determined to set out on the path of Zen themselves.

Taking the path of Zen (Book, 1994) [WorldCat.org]

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