



Watts's meditation on the art of feeling out and following the watercourse way of nature, known in Chinese as the Tao. Embracing a form of contemplative meditation that allows us to stop analyzing our experiences and start living in to them, the book explores themes such as the natural world, established religion, race relations, karma and reincarnation, astrology and tantric yoga, the nature of ecstasy, and much more.

*The Book of Lies* Oct 04 2020 The Book of Lies was written by English occultist and teacher Aleister Crowley under the pen name of Frater Perdurabo. As Crowley describes it: "This book deals with many matters on all planes of the very highest importance. It is an official publication for Babes of the Abyss, but is recommended even to beginners as highly suggestive." The book consists of 91 chapters, each of which consists of one page of text. The chapters include a question mark, poems, rituals, instructions, and obscure allusions and cryptograms. The subject of each chapter is generally determined by its number and its corresponding Qabalistic meaning.

**Sit Down and Shut Up** Dec 30 2022 In 2003, Brad Warner blew the top off the Buddhist book world with his irreverent autobiography/manifesto, *Hardcore Zen: Punk Rock, Monster Movies, and the Truth about Reality*. Now in his second book, *Sit Down and Shut Up*, Brad tackles one of the great works of Zen literature, the *Shobogenzo*, by thirteenth-century Zen master Dogen. Illuminating Dogen's enigmatic teachings in plain language, Brad intertwines musings on sex, meditation, death, God, sin, and happiness with an exploration of the punk rock ethos. In chapters such as "Evil Is Stupid," "Kill Your Anger," and "Enlightenment Is for Sissies," Brad melds the antiauthoritarianism of punk with that of Zen, mixing in a travelogue of his triumphant return to Ohio to play in a reunion concert of Akron punk bands. For those drawn to Buddhist teachings but scared off by their stiff austerity, Brad writes with a sharp smack of truth, in teachings and stories that cut to the heart of reality.

[Zen Mind, Beginner's Mind](#) Apr 29 2020

[Buddhish](#) Apr 21 2022 An engaging, accessible introduction to Buddhism for those who are looking to explore a new spiritual tradition or understand the roots of their mindfulness practice. Are you curious about Buddhism but find yourself met with scholarly texts or high-minded moralizing every time you try to pick up a book about it? Well, if so, relax. This is no ordinary introduction to Buddhism; there are none of the saccharine platitudes and dense pontification that you may have come to expect. *Buddhish* is a readable introduction for complete newcomers that provides an objective, streamlined overview of the tradition—from unpacking the Four Noble Truths to understanding what "nirvana" actually means. For those who have already dipped their toes into the tradition through the practice of mindfulness or meditation, this guide will help you create a more well-rounded and informed experience by delving into the history of the Buddhist traditions that shape a mindful practice. Buddhist scholar Dr. Pierce Salguero analyzes the ideas and philosophy of the complex tradition through the eyes of both a critic and an admirer. He shares anecdotes from his time at a Thai monastery, stories from the years he spent living throughout Asia, and other personal experiences that have shaped his study of Buddhism. Through this guide, readers will have the opportunity to develop an approach to practice that is not quite Buddhist but *Buddhish*. Through engaging and lighthearted stories, Dr. Salguero breaks down 20 central principles of the tradition, including: • Awakening • Suffering • Doubt • Karma • Buddha Nature

**Hardcore Zen Strikes Again** Nov 28 2022 Author Brad Warner (*Hardcore Zen*, *Sit Down and Shut Up*, *Zen Wrapped in Karma Dipped in Chocolate*, and *Sex, Sin, and Zen*) revisits seventeen of his earlier essays on topics ranging from vegetarianism to punk rock, working for Japanese monster movie makers, and the art of Zen writing, complete with all-new analyses, introduction and afterword.

**It Came from Beyond Zen!** Apr 02 2023 Vol. 2 of Brad Warner's *Radical but Reverent Paraphrasing of Dogen's Treasury of the True Dharma Eye* In Japan in 1253, one of the great thinkers of his time died — and the world barely noticed. That man was the Zen monk Eihei Dogen. For centuries his main work, *Shobogenzo*, languished in obscurity, locked away in remote monasteries until scholars rediscovered it in the twentieth century. What took so long? In Brad Warner's view, Dogen was too ahead of his time to find an appreciative audience. To bring Dogen's work to a bigger readership, Warner began paraphrasing *Shobogenzo*, recasting it in simple, everyday language. The first part of this project resulted in *Don't Be a Jerk*, and now Warner presents this second volume, *It Came from Beyond Zen!* Once again, Warner uses wry humor and incisive commentary to bridge the gap between past and present, making Dogen's words clearer and more relevant than ever before.

*Don't Be a Jerk* Jul 25 2022 The *Shōbōgenzō* (The Treasury of the True Dharma Eye) is a revered eight-hundred-year-old Zen Buddhism classic written by the Japanese monk Eihei Dōgen. Despite the timeless wisdom of his teachings, many consider the book difficult to understand and daunting to read. In *Don't Be a Jerk*, Zen priest and bestselling author Brad Warner, through accessible paraphrasing and incisive commentary, applies Dōgen's teachings to modern times. While entertaining and sometimes irreverent, Warner is also an astute scholar who sees in Dōgen very modern psychological concepts, as well as insights on such topics as feminism and reincarnation. Warner even shows that Dōgen offered a "Middle Way" in the currently raging debate between science and religion. For curious readers worried that Dōgen's teachings are too philosophically opaque, *Don't Be a Jerk* is hilarious, understandable, and wise.

*The Places That Scare You* Jun 11 2021 Lifelong guidance for learning to change the way we relate to the scary and difficult moments of our lives, showing us how we can use all of our difficulties and fears as a way to soften our hearts and open us to greater kindness. We always have a choice in how we react to the circumstances of our lives. We can let them harden us and make us increasingly resentful and afraid, or we can let them soften us and allow our inherent human kindness to shine through. Here Pema Chödrön provides essential tools for dealing with the many difficulties that life throws our way, teaching us how to awaken our basic human goodness and connect deeply with others—to accept ourselves and everything around us complete with faults and imperfections. She shows the strength that comes from staying in touch with what's happening in our lives right now and helps us unmask the ways in which our egos cause us to resist life as it is. If we go to the places that scare us, Pema suggests, we just might find the boundless life we've always dreamed of.

*Psychic Self-Defense* Feb 26 2020 After finding herself the subject of a powerful psychic attack in the 1930's, famed British occultist Dion Fortune wrote this detailed instruction manual on protecting oneself from paranormal attack. This classic psychic self-defense guide explains how to understand the signs of a psychic attack, vampirism, hauntings, and methods of defense. Everything you need to know about the methods, motives, and physical aspects of a psychic attack and how to overcome it is here, along with a look at the role psychic elements play in mental illness and how to recognize them. This is one of the best guides to detection and defense against psychic attack from one of the leading occult writers of the 20th century.

[The Fundamental Wisdom of the Middle Way](#) May 23 2022 The Buddhist saint Nāgārjuna, who lived in South India in approximately the second century CE, is undoubtedly the most important, influential, and widely studied Mahāyāna Buddhist philosopher. His many works include texts addressed to lay audiences, letters of advice to kings, and a set of penetrating metaphysical and epistemological treatises. His greatest philosophical work, the *Mūlamadhyamikakārikā*—read and studied by philosophers in all major Buddhist schools of Tibet, China, Japan, and Korea—is one of the most influential works in the history of Indian philosophy. Now, in *The Fundamental Wisdom of the Middle Way*, Jay L. Garfield provides a clear and eminently readable translation of Nāgārjuna's seminal work, offering those with little or no prior knowledge of Buddhist philosophy a view into the profound logic of the *Mūlamadhyamikakārikā*. Garfield presents a superb translation of the Tibetan text of *Mūlamadhyamikakārikā* in its entirety, and a commentary reflecting the Tibetan tradition through which Nāgārjuna's philosophical influence has largely been transmitted. Illuminating the systematic character of Nāgārjuna's reasoning, Garfield shows how Nāgārjuna develops his doctrine that all phenomena are empty of inherent existence, that is, than nothing exists substantially or independently. Despite lacking any essence, he argues, phenomena nonetheless exist conventionally, and that indeed conventional existence and ultimate emptiness are in fact the same thing. This represents the radical understanding of the Buddhist doctrine of the two truths, or two levels of reality. He offers a verse-by-verse commentary that explains Nāgārjuna's positions and arguments in the language of Western metaphysics and epistemology, and connects Nāgārjuna's concerns to those of Western philosophers such as Sextus, Hume, and Wittgenstein. An accessible translation of the foundational text for all Mahāyāna Buddhism, *The Fundamental Wisdom of the Middle Way* offers insight to all those interested in the nature of reality.

*Life Glows On* Dec 06 2020 "Dust off those what-ifs and get ready to glow on."—Book Perfume "This is exactly the book I needed right now."—Looking on the Sunnyside "Filled with inspiring quotes and strategies."—New York Journal of Books Packed with fun ideas and solid, practical strategies for reconnecting with your creativity and making the rest of your life the best of your life. Ditch all those worries about getting older and embrace what can be the most vibrant and empowering chapter of your life. Equal parts creativity guide, mood boost, midlife manifesto, self-help salve, and breath of fresh air. 100% witty, wise and generous Claire Cook, who shares everything she's learned on her own journey that might help you in yours. Filled with great stories and insider tips. If you're a forty-to-forever woman who's interested in making your life glow on, don't miss this inspiring and motivating book. "Whether you're a writer, artist, or crafter in need of a boost, or someone who (incorrectly!) tells yourself you're not creative (you are!), this book is a much-needed balm to the soul."—Book Perfume "It's a how-to 'Cook-book' filled with wonderful ideas to help you locate that spark and use that new-found innate creativity to keep yourself busy, productive—and happy—during difficult times like pandemic shutdowns and post-shutdowns."—Pamela Kramer "From one reader to another, you can never go wrong reading one of Claire Cook's books."—Vicky G. "Life Glows On gave me the encouragement I needed when I desperately needed it. I don't usually read nonfiction, but the great stories make this book feel as if you're reading a novel."—Donna H. "[Cook's] poignancy and sassy humor resonate with readers; her theme of reinvention uplifts and inspires." —Savannah Magazine "A beach tote couldn't ask for more."—Kirkus "Claire Cook has an original voice, sparkling style, and a window into family life that will make you laugh and cry."—Adriana Trigiani "Charming, engagingly quirky, and full of fun, Claire Cook just gets it."—Meg Cabot "Claire Cook is wicked good."—Jacquelyn Mitchard "Cook's humor and narrative execution are impeccable."—Publishers Weekly "Cook has a light, fun voice and always infuses her stories with great wit and heart."—Cape Cod Times "Cook's penchant for hitting the emotional sore spot and combining it with humor hits the mark."—New York Journal of Books "It is never too late to find your place in the world."—San Francisco Book Review

**Anthroposophy in Everyday Life** Jan 07 2021 A collection of best loved lectures containing practical insights for day-to-day living—four lectures presented in 1909 and 1912.

**The True Dharma Eye** Jul 01 2020 A collection of three hundred koans compiled by Eihei Dogen, the thirteenth-century founder of Soto Zen in Japan, this book presents readers with a uniquely contemporary perspective on his profound teachings and their relevance for modern Western practitioners of Zen. Following the traditional format for koan collections, John Daido Looi Roshi, an American Zen master, has added his own commentary and accompanying verse for each of Dogen's koans. Zen students and scholars will find *The True Dharma Eye* to be a source of deep insight into the mind of one of the world's greatest religious thinkers, as well as the practice of koan study itself.

*Zen wrapped in karma dipped in chocolate* Jan 31 2023

*How to Transform Your Life* Sep 14 2021 A practical manual for daily life that shows how we can develop and maintain inner peace, how we can reduce and stop our experience of problems, and how we can bring about positive changes in our lives that will enable us to experience deep and lasting happiness. This is a significantly revised edition of one of Geshe Kelsang Gyatso's most popular and accessible books. *How to Transform Your Life* forms the basis of hundreds of popular drop-in meditation classes and courses around the world. If you want the opportunity to study or find out more about the practices presented in this book, visit your nearest Kadampa Meditation Center or branch.

**Outside the Box** Nov 04 2020 This laugh-out-loud poetry collaboration from a New York Times and Publishers Weekly bestselling author and a Caldecott Honor illustrator is anything but ordinary. Dive in to Karma Wilson's latest collection of more than 100 poems—some humorous, some poignant, and all of them *Outside the Box*. Illustrated by Caldecott Honoree Diane Goode, *Outside the Box* has something for everyone. Appealing to kids and parents alike, poems such as "Sick Day," "My Pet Robot," "Balloonaphobia," and "Aliens Under My Bed" are sure to delight and entertain.

*Zen Wrapped in Karma Dipped in Chocolate* May 03 2023 How does a real-life Zen master — not the preternaturally calm, cartoonish Zen masters depicted by mainstream culture — help others through hard times when he's dealing with pain of his own? How does he meditate when the world is crumbling around him? Is meditation a valid response or just another form of escapism? These are the questions Brad Warner ponders in *Zen Wrapped in Karma Dipped in Chocolate*. During a year that Warner spent giving talks and leading retreats across North America, his mother and grandmother died, he lost his dream job, and his marriage fell apart. In writing about how he applied the Buddha's teachings to his own real-life suffering, Warner shatters expectations, revealing that Buddhism isn't some esoteric pie-in-the-sky ultimate solution but an exceptionally practical way to deal with whatever life dishes out.

**Sex, Sin, and Zen** Oct 28 2022 With his one-of-a-kind blend of autobiography, pop culture, and plainspoken Buddhism, Brad Warner explores an A-to-Z of sexual topics — from masturbation to dating, gender identity to pornography. In addition to approaching sexuality from a Buddhist perspective, he looks at Buddhism — emptiness, compassion, karma — from a sexual vantage. Throughout, he stares down the tough questions: Can prostitution be a right livelihood? Can a good spiritual master also be really, really bad? And ultimately, what's love got to do with any of it? While no puritan when it comes to non-vanilla sexuality, Warner offers a conscious approach to sexual ethics and intimacy — real-world wisdom for our times.

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