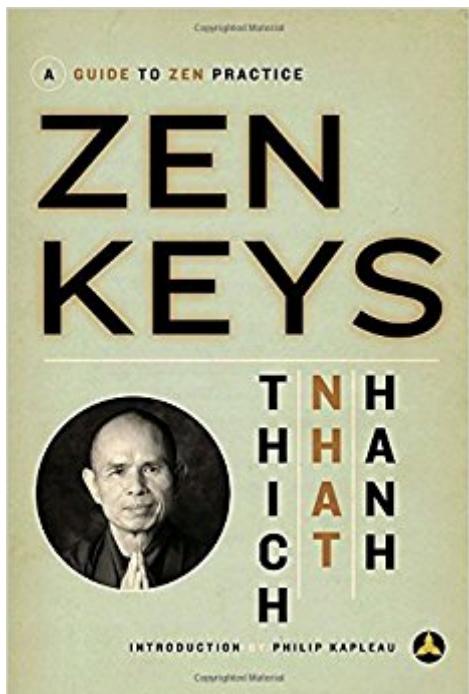


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# Zen Keys: A Guide To Zen Practice



## **Synopsis**

Thich Nhat Hanh brings his warmth and clarity to this unique explication of Zen Buddhism. Beginning with a discussion of daily life in a Zen monastery, Nhat Hanh illustrates the character of Zen as practiced in Vietnam, and gives the reader clear explanations of the central elements of Zen practice and philosophy. Thorough attention is given to concepts such as Awareness and Impermanence, and to contemporary issues such as the conflicts between modern technology and spirituality. The final section includes a set of 43 koans from the 13th century Vietnamese master, Tran Thai Tong, which are translated here for the first time into English. Originally published in 1974, Zen Keys has been unavailable for several years but is now reissued by popular demand. Readers will find it as fresh today as when it was first written, and will be struck by the timelessness of its insights. What makes this work particularly compelling is that Nhat Hanh is able to invigorate what in other presentations may seem like empty abstract principles. The example he has set in his own life as a relentless advocate for peace brings strength and a realistic understanding to idealistic Buddhist goals. In Zen Keys, Thich Nhat Hanh presents the philosophy which has enabled him to be mindful of peace in every moment. An excellent introduction from Philip Kapleau (author of the classic Three Pillars Of Zen ) provides background on the emerging American Zen tradition.

## **Book Information**

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## **Customer Reviews**

Thich explains in simple terms many of the more difficult theories and philosophies of Zen Buddhism in this 1974 title. The book also includes the first English translation of the writings of 13th-century

Text: English, French (translation) --This text refers to an out of print or unavailable edition of this title.

Thich Nhat Hanh is a true Zen master, utilizing his ability of skillful means to reach a variety of audiences. His books such as "Love" and "Living Buddha, Living Christ" are examples of his skillful means to an audience that needs an "easier" way to understand (not that those books aren't wonderful). Zen Keys can be considered a medium level book, with a good amount of philosophy from Zen and other Buddhist schools as well as history, a lot of Vietnamese names and terms, as well as 30+ koans translated by Hanh. As a college student studying religion, I found this book to be extremely wonderful- Hanh can express in fewer words the essence of Zen than other sources can do in pages, with dense and overdone writing. Also see Alan Watts (Spirit of Zen) for more of this same kind of material. I highly recommend this book to anyone who is interested in Zen, Buddhism, or 'enlightenment'. You will find yourself surprised to realize how simple it can be to reach Nirvana... that is, if your mind is ripe.

Thich Nhat Hanh's books are always brilliant and this one is no exception. He presents a concise, easy to understand way to understand Zen. It is because of Thich Nhat Hanh's books that I became interested in Zen in the first place. He truly is brilliant!

Thich Nhat Hanh is one of the best Buddhist writers. The clarity, and depth of his writing make it a joy to read. I also appreciate his openness to other religions. Zen Keys, is clear, and deep, and easy to read.

In a world where tons of junky "zen" products are poured into the North American marketplace, Nhat Hanh remains the 'real deal.' Even though it is a book, he evades the trap of over-theorizing and keeps the focus on practice. Short, simple, direct -- can be read again and again to remind us that being "mindful" is a practice, not a thought.

I purchased this book as a source of inspiration for my practice, however it turned out to be a summary of the Zen tradition from Vietnam. By all means it is a good book, just did not fit the current needs of my practice. Nevertheless, the 43 koans (translated to english for the first time by Thay)

are a true piece of art, which make this book a good addition to any Zen practitioner's library. I feel the book "Meet the Real Dragon" by Gudo Wafu Nishijima goes deeper into the essence of Zen practice, and therefore into the essence of life itself.

The descriptions are clearly written for easy understanding. The book builds from history of the spread of Zen from India and China and how it is translated and adopted into other cultures. I am just getting to the part discussing how our western culture needs to do that now.

As advertised

Thich Nhat Hanh is a great teacher. This is a well written book with a good message. I have read it and recommend it to my students.

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