

## Being Upright Zen Meditation And The Bodhisattva Precepts Reb Anderson

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### Being Upright Zen Meditation And

One caution: "Being Upright" says it is written for people already in Zen practice. It is for those who are considering making a public, formal statement of their personal dedicated intent to follow specific Buddhist precepts. As the author says, his title refers to "the integration of precept practice and meditation."

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Being Upright takes us beyond the conventional interpretation of ethical precepts to the ultimate meaning that informs them. Reb Anderson first introduces us to the fundamental ideas of Zen Buddhist practice.

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### Being Upright: Zen Meditation and the Bodhisattva Precepts ...

Being Upright : Zen Meditation and the Bodhisattva Precepts, Paperback by Anderson, Reb, ISBN 1930485018, ISBN-13 9781930485013, Brand New, Free shipping in the US Introduces the fundamental ideas of Zen Buddhist practice, explores the ten basic precepts, including not misusing sexuality, and teaches how to confront the emotional and ethical turmoil of our lives with wisdom and compassion.

### Being Upright : Zen Meditation and the Bodhisattva ...

Being Upright began as a lengthy project to translate The Essence of Zen Precepts, an interweaving of four different texts on the Sixteen Great Bodhisattva Precepts. Its cohesiveness stems from being ordered around the bodhisattva initiation ceremony. This simple but brilliant structure allows for an evolution of complicated ideas.

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Being Upright takes us beyond the conventional interpretation of ethical precepts to the ultimate meaning that informs them. Reb Anderson first introduces us to the fundamental ideas of Zen Buddhist practice. Who was Shakyamuni Buddha and what was his central teaching? What does it mean to be a bodhisattva and take the bodhisattva vow?

### **Being Upright - Shambhala**

Zen practitioner, BEING UPRIGHT asks us to be all that we are. "Being Upright" explains everything you wanted to know about Zen Meditation. It breaks it down into sections and explains everything in detail. This is a good book to read and to have as a reference. This book was recommended to me by a local Zen priest because of my Zen practice and

### **Being Upright: Zen Meditation And The Bodhisattva Precepts PDF**

For Zen Buddhists, meditation involves observing and letting go of the thoughts and feelings that arise in the mindstream, as well as developing insight into the nature of body and mind. Unlike many popular forms of meditation that focus on relaxation and stress relief, Zen meditation delves much deeper.

### **What is Zen Meditation? Benefits & Techniques - Mindworks ...**

The Heart of Being: Moral and Ethical Teachings of Zen Buddhism (John Daido Looi, Tuttle, 1996)  
Being Upright: Zen Meditation and the Bodhisattva Precepts (Reb Anderson, Rodmell Press, 2001)  
From the Zen Kitchen to Enlightenment: Refining Your Life (Dogen & Uchiyama, translated by Thomas Wright, Weatherhill, 1983)

### **Recommended works by and about Dōgen | The Dōgen Institute**

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### **Being Upright: Zen Meditation and Bodhisattva Precepts ...**

Our dear teacher Reb Anderson writes about "evil" in his book, Being Upright Zen Meditation and the Bodhisattva Precepts. In it he writes: The root of all evil is misunderstanding the nature of self and other by actively ignoring the interdependence of self and other.

### **Being Upright Zen Meditation and the Bodhisattva Precepts ...**

Being Upright: Zen Meditation and Bodhisattva Precepts by Tenshin Reb Anderson. Being Upright takes us beyond the conventional interpretation of ethical precepts to the ultimate meaning that informs them. Reb Anderson first introduces us to the fundamental ideas of Zen Buddhist practice. Who was Shakyamuni Buddha and what was his central teaching?

### **Reading List - Zen Studies**

Being Upright: Zen Meditation and Bodhisattva Precepts (Zen Meditation and the Bodhisattva Precepts) eBook: Anderson, Tenshin Reb: Amazon.co.uk: Kindle Store

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