



Zen - Geist Anfänger - Geist: Unterweisungen in Zen-Meditation (German Edition)

Shunryu Suzuki

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Was wir "Ich" nennen, ist nur eine Schwingtür, die sich bewegt, wenn wir einatmen und ausatmen.
Shunryu Suzuki

Zen-Geist Anfänger-Geist", der moderne Klassiker des Zen von Shunryu Suzuki, vermittelt die Essenz des Zen und die Grundlagen der Zenpraxis.

Die Frage nach dem eigenen Geist oder Sein ist »Zen-Geist«. Und mit der Suche nach dem eigenen Geist beginnt die Zen-Praxis, der »Anfänger-Geist«. Shunryu Suzuki, einer der bedeutendsten Zen-Meister des 20. Jahrhunderts, lehrt die zentrale Botschaft des Zen: jeden Augenblick offen und neu zu erleben, frei von Gewohnheiten und Vorstellungen.

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