



Buddhism Plain and Simple: The Practice of Being Aware, Right Now, Every Day

By Steve Hagen



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“This is the clearest and most precise exposition of Buddhism I have ever read. If you’re looking for enlightenment rather than just scholarly knowledge, you’d better read this.”—Robert M. Pirsig, author of *Zen and the Art of Motorcycle Maintenance*

This is a book about awareness. It’s about being “awake” and in touch with what is going on here and now. Practical and down-to-earth, it deals exclusively with the present, not with speculation, theory, or belief in some far off time and place. The teachings of the Buddha are plain and straightforward, and because they remain focused on the moment, they are just as relevant now as they have ever been. *Buddhism Plain and Simple: The Practice of Being Aware, Right Now, Every Day* is the book for anyone wanting to discover, or rediscover, the essence of Buddhism.

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Editorial Review

Amazon.com Review

You might want to digest this book slowly, a few pages at a time. Although Zen teacher Steve Hagen has a knack for putting the philosophy of Buddhism in a "plain and simple" package, it may take a while to sink in. There is so much there. Seeing reality, realizing the wisdom of the self, breaking free of dualistic thinking-- this is pretty heady stuff. Thankfully, Hagen passes it along in the form of examples from life, psychological tidbits, and stories from Buddhist teachers past and present. And when it clicks in, it can be life-transforming. Hagen explains this shift in outlook and how the fundamental way we look at the world affects everything we do. As an outline, Hagen follows the basic teachings of the Buddha, and we see that, rather than dogmatic truths, they are reminders for us as we reconsider the life we have taken for granted for so long. As it turns out, Buddhism is life, plain and simple. --*Brian Bruya*

From Library Journal

Hagen's concise work, a brief introduction to Zen Buddhism, is arranged in a straightforward manner with lucid explanations. He describes techniques for meditation, making this a rather practical recording. Reading this abridgment of his own work, the Zen priest's soft, serene voice is pleasing to the ear; the pace is unhurried, allowing the listener to grasp the material. Libraries with a demand for New Age/Eastern religions should have this tape. Michael T. Fein, Catawba Valley Community Coll., Hickory, NC
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About the Author

Steve Hagen has studied Buddhism for thirty years, including fifteen years with Zen Master Dainin Katagiri, from who he received Dharma Transmission (endorsement to teach). He is a Zen priest currently teaching at the Dharma Field Meditation and Learning Center in Minneapolis. The author of *How the World Can Be the Way It Is*, he lives in Minneapolis.

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