

GPZC Books for Beginning Practitioners

Books by our Founding Teacher, Taizan Maezumi Roshi

- ***On Zen Practice: Body, Breath & Mind*** - Maezumi Roshi & Bernie Glassman Roshi. Starting with the questions, “Why Practice?” and, “Can Everyone Achieve True Nature?”, this book addresses every critical aspect of Zen practice: beginning meditation, *shikantaza* (just sitting); the nature of koans; working with *Mu*; retreats; chanting and more.
- ***On Zen Practice II***- edited by Maezumi Roshi & Bernie Glassman Roshi. Five Zen masters of the 20th century provide glimpses of the enlightened vision which expresses itself in Zen practice. Included are essays by Maezumi Roshi, his teachers Koryu Osaka Roshi and Hakuun Yasutani Roshi, fellow Yasutani student Koun Yamada Roshi and Maezumi Roshi’s student, Bernie Glassman Roshi.
- ***The Hazy Moon of Enlightenment (part of the OZP collection)***- edited by Maezumi Roshi & Bernie Glassman Roshi. This book explores Buddhism’s concepts of enlightenment and the nature of delusion. It also looks at “enlightenment in action” and the attainment of serenity and tranquility.
- ***The Way of Everyday Life: Zen Master Dogen’s Genjokoan with commentary by Hakuyu Taizan Maezumi***. Here, Maezumi Roshi provides commentary on the central teaching of the 13th century Zen master, Dogen Zenji, the founder of our Soto Zen school with photography by John Daido Looi, Roshi.
- ***Appreciate Your Life: The Essence of Zen Practice***- by Maezumi Roshi. Short, inspiring readings, the first major collection of the teachings of Maezumi Roshi as he delivered them in weekly *teisho*—living presentations of his direct experience of Zen realization—to his students at the Zen Center of Los Angeles.
- ***Teachings of the Great Mountain: Zen Talks by Taizan Maezumi***- edited by Anton Tenkei Coppen. Inspiring talks by Maezumi Roshi covering a broad range of topics, including koans, God, sutras, ceremony, sitting meditation, the precepts and more.

More recommended readings

- ***The Heart of Being: Moral and Ethical Teachings of Zen Buddhism***- by John Daido Looi Roshi. Daido Roshi, student of Maezumi Roshi, and Myoyu Roshi’s Dharma brother, explores the Buddhist Precepts. The precepts are the vows taken as an initiation into Buddhism and reflect the Buddha’s teaching on a wide range of social and moral issues. Daido Roshi also explains the traditional precept ceremony known as *jukai*.
- ***The Three Pillars of Zen: Teaching, Practice and Enlightenment***- by Philip Kapleau Roshi. Kapleau Roshi studied with Harada Roshi, Nakagawa Roshi and Yasutani Roshi. Considered a classic resource for Zen practitioners, this book includes Yasutani Roshi’s Introductory Lectures which are the basis of Great Plains Zen Center’s Introduction to Zen Practice workshops. There are also accounts of western students’ encounters with Yasutani Roshi, and stories of the enlightenment experience of nine contemporary lay students.
- ***Zen Meditation in Plain English***- by John Daishin Buksbazen Roshi. A practical introduction to Zen meditation. Written in an easily accessible style, this book appeals to anyone with an interest in meditation, Zen, or, as is often the case today, a combination of the two. The book emphasizes the importance of receiving good instruction and of finding groups to practice with, yet it lays out the necessary steps to practice Zen meditation on your own. The book includes easily followed exercises to help the reader along.
- ***Zen Mind, Beginner’s Mind: Informal talks on Zen meditation and practice***- by Shunryu Suzuki. The mind of a beginner is needed throughout Zen practice. It is the open mind, the attitude that includes both doubt and possibility, the ability to see things always as fresh and new. This is a series of Suzuki Roshi’s talks, and covers the basics of Zen practice as well as non-duality, emptiness and enlightenment.

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- ***The Noble Eightfold Path: The Way to the End of Suffering*** by *Bhikkhu Bodhi*. The Buddha's teachings center around two basic principles. One is the Four Noble Truths, in which the Buddha diagnoses the problem of suffering and indicates the treatment necessary to remedy this problem. The other is the Noble eightfold Path, the practical discipline he prescribes to uproot and eliminate the deep underlying causes of suffering. This book offers a concise yet thorough explanation of the Eightfold Path. *Free, downloadable e-book--*<http://www.urbandharma.org/udharma10/bbodhi10.html> (Also available in paperback.)

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