



Bibliography of Suggested Readings

Encouraging Words by Robert Aitken

A collection of talks and essays offered by Aitken Roshi to his students at meditation retreats (sesshin). These concise transcriptions are clear windows into Zen practice covering topics such as attention, emptiness, diligence, death and the moral path.

Mind of Clover: Essays in Zen Buddhist Ethics by Robert Aitken

Addresses issues of appropriate personal and social action through an exploration of the philosophical complexities of Zen ethics.

Morning Star by Robert Aitken

Includes some previously published material as well as new essays and an introduction presenting Zen Practice from both personal and historical viewpoints. The collection includes sections on “Basics,” commentaries on Zen koans in addition to more pointed reflections on modern life and letters.

Taking the Path of Zen by Robert Aitken

First published in 1982 and now available in a new edition, this complete and well-rounded primer of Zen practice can both help beginners get their practice off the ground, and be a reminder to old timers. Aitken Roshi included his informative, autobiographical essay “Willy Nilly Zen” as an epilogue.

Everyday Zen: Love and Work by Charlotte Joko Beck

Essays on how we can be awake in our daily life. How to use Zen to deal with the problems of daily living—love, relationships, fear, ambition and suffering—showing how to live each moment to the fullest.

Roaring Stream by Nelson Foster, editor

Gary Snyder found this compilation to be a “finely drawn collection of lively basic texts (that) is marvelously enhanced by an introduction and commentaries that help humanize and ground the Zen tradition.”

The Heart Sutra by Red Pine

An enlightening and enriching unpacking of one of the most central sutras of Buddhism.

Essays in Zen Buddhism: First Series, Second Series, & Third Series by DT Suzuki

Classic, but somewhat dated, essays on Zen by scholar, multi-linguist, translator and author Daisetz Teitaro Suzuki (1870-1966), who was instrumental in introducing Zen to North America and Europe. Published in three volumes.

Branching Streams Flow in the Darkness by Shunryu Suzuki

These short and pithy lectures on the Sandokai (The Coincidence of Opposites, The Identity of Relative and Absolute) by the much loved and revered Shunryu Suzuki are some of the last talks that he gave.

Zen Mind, Beginner's Mind by Shunryu Suzuki

Excerpts from his lectures. Topics range from the transience of the world, sudden enlightenment, and the nuts and bolts of meditation but always returning to the idea of beginner's mind—a recognition that our original nature is our true nature.

The Miracle of Mindfulness by Thich Nhat Hahn

Gentle anecdotes and practical exercises to help learn the skills of mindfulness. Constant reminders that we can find and create peace both within and without in each moment.