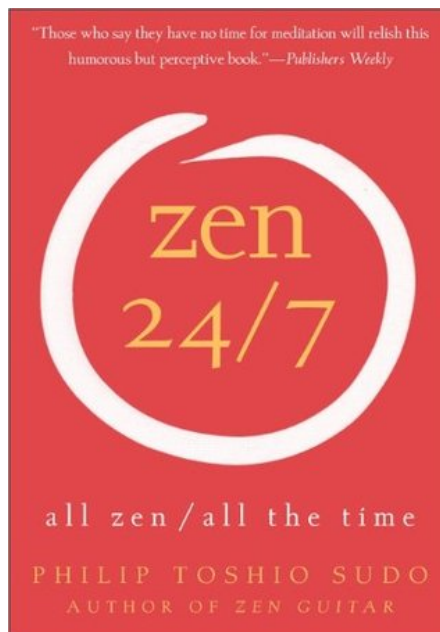




Zen 24/7: All Zen, All the Time

Philip Toshio Sudo

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Zen 24/7: All Zen, All the Time Philip Toshio Sudo

Enlightenment is within reach -- 24 hours a day, 7 days a week.

If you're searching for revelation and contentment, look no further than a handshake, a cup of coffee -- even your laundry pile. The most mundane details of life contain zen's profound truths, if you're of the mind to look for them.

By awakening to and embracing the zen in your life, you'll listen, watch, eat, work, laugh, sleep, and breathe your way to truth -- every moment of every day.

Zen 24/7: All Zen, All the Time Details

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From Reader Review Zen 24/7: All Zen, All the Time for online ebook

Carolyn says

Zen is where you look for it.

A simple, quick but entertaining and enlightening read, Sudo really makes the practice of Zen simple and possible. He shows that you don't have to sit in a monastery on a mountain in full meditation to understand the idea of Zen. All you need do is be present, always, in everything that you do. Be aware and open to all the experiences that life has to offer, even in things that we take for granted like showering or begrudge, like taking out the trash. Zen is everything around us, it is simply being present in the moment, every moment of your life and if you are that, then you have found Zen. A fantastic, enlightening, truthful, eye opening read that will stay with me for a long, long time.

Amanda says

Just okay, nothing really all that eye opening or different from what I've read before.

Heather Hamilton says

Feel-Good Insight

This book just made me feel good. The words are very thoughtful and inspiring and I had a few good laughs out of it. I recommend it because I truly enjoyed it. I'll probably read it again a few times.

Angela L says

Fantastic book. Amusing yet extremely insightful. Easy to read and packed full of easy-to-understand lessons. I highly recommend it, especially for beginners and those curious about zen.

Daniel Lewis says

A very pleasant way to start or end the day. The introduction gives the book an aura of epicness that the banality of the book itself would otherwise not have.

Anne Beardsley says

A nice, chatty little book.

Just ruminations about life and small lessons in being mindful. Very well written.

It follows a style of Zen that quotes at least as many Daoist sources as Buddhist...something that I found very nice. Interestingly, it misused (I think deliberately) a metaphor of Buddha's: he used it to show the foolishness of deriving pleasure from or growing attached to bits of this world, and the necessity of separating from them. This author used it to say that enjoying the simple pleasures, to immerse yourself in this world, was the only way.

I suppose I didn't give it more stars because I found it only minorly helpful. There were a few nice points. Honestly, most of it was either nothing new (from my Christian background of appreciating things and allowing oneself to feel gratitude and acting in the present and taking the future with a grain of faith), or just mild, pleasant observations that only carry you so far.

A few things were indeed helpful. I'll begin the long, slow process of trying to implement them. And the tone of the book is both kind and charming.

rahul says

Another zen story tells of a student who asked his master,
“Please show me zen.”

The master said, “I have to go relieve myself.”

Upon returning, the master said, “Zen is like going to the bathroom. I cannot go for you. You have to go for yourself.”

Randa says

A short book with a poignant introduction. The author passed from this life not long after its publication.

Its message is simple: Live mindfully and enjoy even the simple acts of life. For life consists mostly of the routine, the mundane and the tedious. When you are aware of the significance of these simple routine acts, performing them mindfully you are not missing out on most parts of your life.

The book is full of quotable quotes. My favourite is: Every day is a complete lifetime. This simple quote invites us to embrace each morning as a new birth and a chance to start fresh. Very uplifting and enlightening. I will be coming back to read more about Zen philosophy.

Edwin Van Leeuwen says

lekker praktisch

Adil says

This book opened with a touching preface. It's cute, humorous, short, sweet, and easy to read. Yet, it contains

potential to evoke profound thoughts. I was deeply moved by it, to the extent that my moment-to-moment experience of reality showed signs of transformation in the following days. I highly recommend it as a book to read just for fun, or as a down-to-earth and sweet introduction into this elusive concept called Zen.

Pamela says

Everyone should have this book bedside. Finding Zen in the most mundane, everyday things is so meaningful for those with hectic, busy lives. Taking the time to find humor and significance in a simple task is so motivational.

Connie Kuntz says

As much as I love zen moments, I do not actually strive to live a zen lifestyle. Should I? I read this wondering if it (the book, the author, the zen wisdom) might somehow inspire me to be more zen. It did, a little, and that's cool. Just the other day, someone was riding my bumper like a mofo and instead of thinking, "Who the hell does this motherfucker think he is?" I thought, "That motherfucker is going to kill someone, it better not be me, I'm pulling over and letting him pass." Zen, Connie style.

I've been reading this book over the course of a month, both to myself and out loud to my family when they have been around. I got impatient waiting for everyone to be in the same room as me when I was reading, so I just finished it up today so I could get it over with. Zen, Connie style.

Signed,
Zany not zen

Scott F says

Really got me to start thinking about life differently. In terms of the present moment.... life changing book

M says

This may have been one of the ones I read during my zen kick after high school, pre-college. They blur together. This is definitely one of the best, if only for the panoply of dope-ass zen aphorisms, many of which I wrote in sharpie on the walls of my room because I was punk rock, shut up.

Here are some:

"Seven times down, eight times up."

"Each day is a lifetime."

That's apparently a Japanese attitude called Ichi-nichi issho.

"This day will not come again."

-my mans Takuan

"One inch ahead and all is total darkness."

"Need a fire? Best strike a flint. Need water? Dig a well."

Hibi kore kojitsu: "Every day is a good day."

Our boy Hyakujo, whose students wouldn't let him work because he was so old so he went on a hunger strike til they gave his tools back. "No work, no food."

And near and dear to my heart, "Stealth cooking. When you're done, there should be no evidence you were ever in the kitchen."

And on the subject of food, one of my foremost obsessions:

"In zen monasteries, monks receive their meals with a chant reminding them of five things:

1. to be grateful of the meal, no matter how simple
2. to appreciate the effort of all hands, both seen and unseen, who labored to put the food on the table
3. to reflect on their own actions, and whether those actions make them deserving of the meal
4. to regard the food as medicine to sustain their health and ward off illness
5. to accept the meal as a means of attaining enlightenment."

Sounds reasonable to me. Zen on a whole sounds pretty reasonable to me.

Rebecca says

Nice easy read. Zen toothbrushing might be my favorite page (8): "No need to concern yourself with building a habit over time. Just do it today."

Other gems:

We all must die. We cannot choose our time. The Way of Zen is the resolute acceptance of death.

Every day is a beautiful day.

Love will endure through those whom we have loved.

Life is sorrowful, but to be lived in joy.

Find joy in the commonplace.

Zen: Awaken to our true nature, to the timeless essence at our core that connects us to everything and everybody.

When you wake in the morning, stretch your arms to the sky and breathe deeply. Fill your insides with the emptiness around you. Breathe easy. You're alive.
