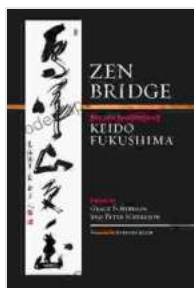


Zen Bridge: The Zen Teachings of Keido Fukushima

Zen Bridge is a collection of the teachings of Keido Fukushima, a renowned Zen master and teacher. The book offers a comprehensive exploration of the fundamentals of Zen Buddhism, including meditation, mindfulness, and the nature of the self. Fukushima's teachings are clear, concise, and accessible, making them ideal for both beginners and experienced practitioners alike.

Fukushima begins by introducing the basic principles of Zen Buddhism, such as the Four Noble Truths and the Eightfold Path. He then goes on to discuss the importance of meditation and mindfulness in Zen practice. Fukushima teaches that meditation is not about achieving a state of mental emptiness, but rather about developing a clear and focused mind that is free from distractions. He also emphasizes the importance of mindfulness in everyday life, as a way to stay present and aware of the present moment.



Zen Bridge: The Zen Teachings of Keido Fukushima

by Ben Lerner

★★★★☆ 4.6 out of 5

Language : English

File size : 2286 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

X-Ray : Enabled

Word Wise : Enabled

Print length : 210 pages



In addition to meditation and mindfulness, Fukushima also discusses the nature of the self in Zen Buddhism. He teaches that the self is not a fixed and unchanging entity, but rather a constantly changing process. He also emphasizes the importance of letting go of attachment to the self, as a way to achieve liberation from suffering.

Zen Bridge is an invaluable resource for anyone seeking to deepen their understanding of Zen and to find peace and clarity in their lives.

Fukushima's teachings are clear, concise, and accessible, making them ideal for both beginners and experienced practitioners alike. The book is sure to inspire and challenge readers, and to help them on their journey to spiritual growth.

About the Author

Keido Fukushima was a renowned Zen master and teacher. He was born in Japan in 1933 and began practicing Zen at the age of 15. He eventually became a disciple of the great Zen master Shunryu Suzuki, and in 1970 he was appointed abbot of the San Francisco Zen Center. Fukushima taught Zen for over 50 years, and he was known for his clear and concise teachings. He was also a prolific writer, and he authored several books on Zen Buddhism, including *Zen Bridge*.

Reviews

"*Zen Bridge* is a wonderful to Zen Buddhism. Fukushima's teachings are clear, concise, and accessible, making them ideal for both beginners and experienced practitioners alike. The book is sure to inspire and challenge

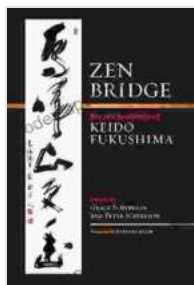
readers, and to help them on their journey to spiritual growth." - **Tricycle:
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"Keido Fukushima was a true Zen master. His teachings are clear, direct, and full of wisdom. *Zen Bridge* is a valuable resource for anyone seeking to deepen their understanding of Zen and to find peace and clarity in their lives." - **Bodhi Tree Bookstore**

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