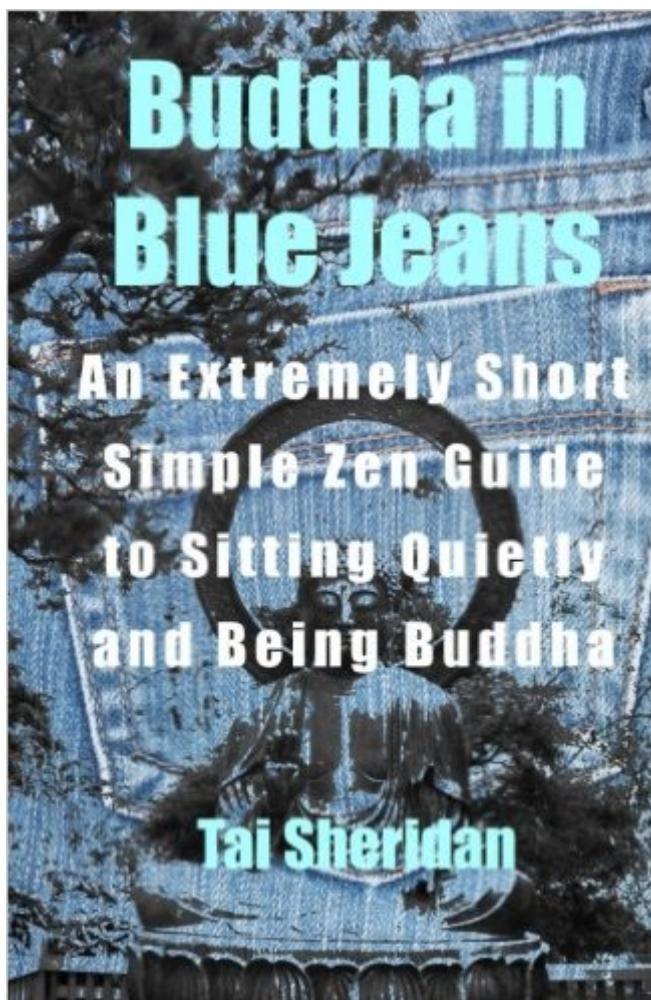


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# Buddha In Blue Jeans: An Extremely Short Simple Zen Guide To Sitting Quietly



## **Synopsis**

Poet-philosopher and Zen Priest Tai Sheridan's 'Buddha in Blue Jeans' is an extremely short, simple and straight forward universal guide to the practice of sitting quietly and being yourself, which is the same as being Buddha. Sitting quietly can teach many ways to accept life, meet pain, age gracefully, and die without regret. The book encourages sitting quietly every day. Topics include: Sit Quietly; Care For Your Body; Accept Your Feelings; Give Thoughts Room; Pain is Natural; Be Who You Are; Live Each Moment Well; Love Indiscriminately; Listen to Others; Be Surprised; Wonder; Live gratefully; Do No Harm; Benefit life; A Wish for The World. The book is for people of any faith, religion, race, nationality, gender, relationship status, capacity, or meditation background

## **Book Information**

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## **Customer Reviews**

This book could've saved me a lot of trouble keeping track of all the things I was/wasn't supposed to be doing during meditation. Best of all, I realized that I was taking the practice to seriously rather than just sitting still & observing myself quietly without judgement. I feel as if everything I need for my practice is in this short concise book that I literally carry with me everywhere I go, on my phone. & to think that I only downloaded it because it was free & didn't bother to look at it for several weeks.

I love this book. I don't know if it will really help me to make meditation part of my life, but I feel like it will. It is short. It is simple. Both of those can be both good and bad. I tend to be a bulk snob when it comes to information. The more information, and the more complex that information is, the more likely I am to trust in that information as truthful and useful. I have to throw those out for

Buddha in Blue Jeans. My first reaction that it couldn't be this simple has been dissuaded by some rather successful meditation sessions. Of course I've had many more attempts than successes. I'm so used to trying to analyze and understand every thought that it's hard to trust and let go. But I'm trying, and every time I reread the book I get some new insight or trick to try. Having said all that, I should state that if you are looking for a self-help book with lots of helpful hints and guidance, you may be disappointed. It leaves a lot up to the reader, which is the point, but still, some of us like being led by the leash into new experiences.

This book, at its face value, might not seem like much. It's a very short book (as it states in the title) but for the most part it's exactly what you need to set yourself right. There are a lot of people that stress the details, that need ceremony and great struggles for something to have meaning and feel like they are getting benefit. Most of what we need is for someone to say "Hey! Just be present here, now." That's a majority of our problem, if we were to sit and calm ourselves, pay attention and just be present for a while, you'd be amazed at the results. This book outlines it beautifully and is a good companion to have so that you can go back to it again and again and remember what is important, just to sit quietly, and learn what you need....by sitting quietly.

This was a short but beautiful read. It is a reminder to us all that we should practice mindfulness often! It left me feeling pleasantly calm with the sense that I'd just been pulled, ever so gently, back into line.

These apparently innocent sayings, unlike involved ones, will grip you as you meditate on them. It's a short book but not a quick read if you meditate on them. I hope by "sitting still" the author allows us walkers to quietly walk too! Sitting may not be the best for some of us "bodies." A Zen practice recognizes that we're in a "classroom for living a wise and kind life." Right now, as I'm reading this book, my cat is on my lap, purring. And Tai writes: "Be like a cat purring. Follow your breath like ocean waves coming in and out." All I need is a lap like my cat has! Wise is he to tell us to care for our bodies, for "Your body is your life." We feel with our bodies; "Your feelings will tell you what you really need." Well--? Feelings can be deceptive and mislead us. But through it all, "sit quietly." The niceness of the sayings can lull us into non-thinking, and I guess that's what Zen is supposed to be about. Pain? No problem--"breathe and relax into the pain as best as you can." And it can be a pain trying to be someone else, so don't! Says one saying: "Don't waste your life imitating others." Yet, Tai tells us to "be Buddha." Kind of confusing. Enough of such stuff! "Enjoy being yourself. You will

learn this sitting quietly." And I believe reading these sayings and meditating at least a little on them will help you enjoy life. By the way, the title is intriguing, but there's a similar one: "JESUS IN BLUE JEANS." A very good perspective on life too.

This was a simple read, and I've been practicing sitting quietly. You don't realize how hard that is until you try to do it! Will use this over and over.

I honestly think the book and the 5-star reviews together constitute some sort of a scam on genuine readers drawn to the profound concepts of mindfulness and meditation. I cannot help thinking the author is a cheat who put together some fourth grade level verses that basically consist of repeating the phrases "Be calm. be quiet" etc. Duh..what is a reader supposed to take away from this babble ?If you want some genuine guidance on meditation, its subtleties, and how to bring meditation effectively into your life I would suggest Wherever You Go, There You Are: Mindfulness Meditation In Everyday Life That book has the true potential to give you a new and stable outlook towards your life.

While this book is extremely simple and short, it is deceptively simple as the most important principles of zen buddhism are. It's all about BEING instead of talking about BEING. The book is a great introduction for beginners and reminder for more advanced practitioners. There's a reason we call it the â œpractice of meditationâ • for it is just that something we practice, and we all need reminders. Amazing what I can forget in just one moment, that a book like this can bring me back to a state of BEING. Thank you Tai Sheridan. Well done!

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