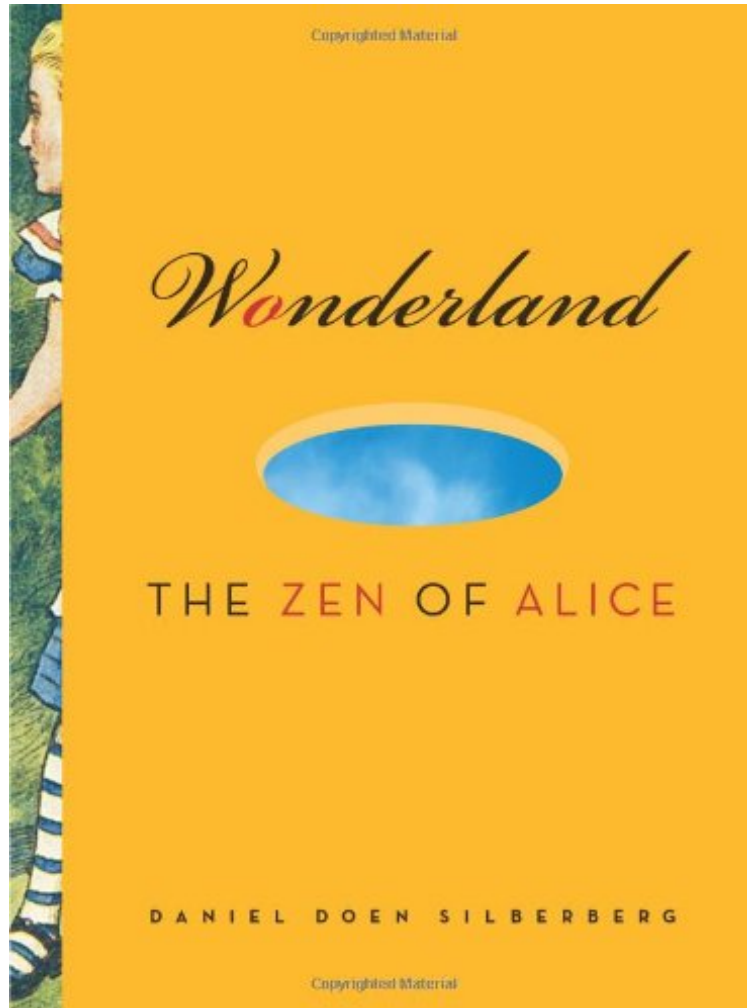


(Library ebook) Wonderland: The Zen of Alice

Wonderland: The Zen of Alice

Daniel Doen Silberberg

*DOC | *audiobook | ebooks | Download PDF | ePub*



 Download

 Read Online

#1449712 in Books Parallax Press 2005-09-09 2005-09-09 Original language: English PDF # 1 8.00 x .30 x 6.00l, .37 #File Name: 1888375957120 pages | File size: 34.Mb

Daniel Doen Silberberg : Wonderland: The Zen of Alice before purchasing it in order to gauge whether or not it would be worth my time, and all praised Wonderland: The Zen of Alice:

9 of 9 people found the following review helpful. Fresh, Contemporary, Inspiring Zen Teachings By Sterling Okura Early in the book, I was struck by the phrase "Bring on the awe. Bring on the eternal. Bring on that which I don't know." This theme of dropping our mechanical thoughts, beliefs, and fears to embrace the wonder, beauty, and mystery of life is repeated throughout the book. Silberberg combines classic Zen teachings from the Diamond Sutra and Mumonkan with modern anecdotes and analogies ranging from Kill Bill, beer pong, Happy Meals, and hanging out backstage with Pink Floyd Andy Warhol during the release of "The Wall" album. In addition to sharing stories from decades of Zen training under Maezumi Roshi, Daido Roshi, and Genpo Roshi, the author also draws from his experiences as a professional jazz musician, a husband father, a psychologist, and a competitive martial artist. Through

these experiences, the author delivers messages that seem more accessible and relevant to readers like myself who choose a developmental practice in our everyday modern life rather than in a Zen monastery. I found this book an inspiring and thoroughly enjoyable read. I highly recommend it. 11 of 11 people found the following review helpful. Fun and PACKED with gems By Rebecca Long This book is a short read if you sit down and plow through it, but slow-down because this book is worth savoring. Silberberg writes with a very organic and flowing style, with one brilliant insight into the nature of reality followed quickly by another angle of approach, another profound truth. Sprinkled throughout with the beautiful twists of Lewis Carroll, this book is not serious but is deeply penetrating at the same time. I found myself pausing frequently to enjoy the comparison between Alice's adventure in Wonderland and Silberberg's simple exposure of our real lives. This book is one to be re-read many times and to be kept on hand for quick reminders of the beauty of the dharma, the wonder of our existence, and the richness of everyday life. Words may only be pointers, but Silberberg has given us great words that have meaning in OUR time and provide a direction for our practice in this country, in this century. 16 of 16 people found the following review helpful. Zen for everyone By Julie Reiser If you are interested in Zen but not in drinking green tea, giving up your life's savings, and shaving your head, this is the book for you. Instead of presenting ethereal concepts about enlightenment that seem far off and abstract, this book shows you what Zen applied in real life means--warts and all. Instead of wondering how you could apply the wisdom of 1,000 lotuses in the boardroom or the cubicle, the personal examples in this book will help show you how to access your own wisdom and internal strength to see the deep truth of Zen in whatever context you find yourself. Highly recommended for business people, musicians, artists, techies.

Written in the non-traditional, humorous, and slightly irreverent tone of books like *Sit Down and Shut Up*, and *Dharma Punxs*, *Wonderland* is a highly original riff on *Alice in Wonderland*, using the classic story as a jumping off point for conveying the Zen concept of 'One Mind'. Daniel Silberberg's first book is a unique contribution to contemporary American Zen, which honors its historic roots and yet strikes out into fresh areas. It presents a lively mix of tone and quotation and levels of discourse, from citing *Timeless Spring* or the *Diamond Sutra* to *Kill Bill* and ketchup. With stories from his own life as well as from the larger cultural swirl around him, Daniel Silberberg reflects on the differences between how we perceive the world around us and the way it actually is. Daniel Silberberg's take on a variety of Buddhist ideas and concepts are immediately useful and relevant. The reader will find that it addresses directly some of the issues they are dealing with in their own practice. The author's insights and experiences come from his experience leading a large Zen community and from his almost thirty years of Zen Training in the lineage of the highly revered teachers Genpo Roshi and Maezumi Roshi.

From Publishers Weekly In this short book Silberberg weaves snippets from *Alice's Adventures in Wonderland* with personal anecdotes, classic Buddhist sutras, koans and popular culture to illustrate Zen approaches to the true nature of enlightenment: When we get to the other shore, to what I am calling *Wonderland*, we may experience *One Mind*. Rather than using Zen to explain *Alice*, Silberberg playfully mingles, for example, the upside-down logic of the *Caterpillar* and *Mock Turtle* with the wisdom of the *Diamond Sutra* to explain key ideas. A longtime practitioner and former vice abbot of the *Kanzeon Zen Center* in Utah, the author is adept at explaining Buddhist teachings and ideas, such as the causes of suffering and *Siddhartha's* search for the truth of existence. Silberberg's description of the Zen path demonstrates more rigor than gentleness, reflecting a warrior approach to the search for knowledge that isn't present in all forms of this Eastern philosophy; indeed, a little more clarification about which approaches are specifically Zen among the range of Buddhist practices would have been helpful for the novice. While the *Alice* analogies are thin, Silberberg's clear writing and in-depth knowledge of his subject make this addition to the Zen of genre engaging. (Oct. 1) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. "This is a fresh, heartfelt, book that is down to earth, often funny and insightful. What makes this book unique is that it is the result of Doen Sensei's long dedicated practice and creative ability. It pleases me to see him exploring what a true, contemporary Zen can be, as well as, remaining true to the fundamentals and essence of the teaching. I highly recommend it.— Dennis Genpo Roshi Merzel author of *Big Mind - Big Heart: Finding Your Way*" Doen Silberberg collaborates with Lewis Carroll, producing a very readable and personal account of the spiritual journey. *Wonderland* is a valuable place to enter the Buddhist teachings."— John Daido Loori, author of *Heart of Being* "Like *Baba Ram Dass* and the late *Carlos Castaneda*, Daniel Doen Silberberg Sensei has the ability to present the eternal journey of self-discovery in a way that's entertaining, personal, and deeply insightful."— Jeremy Silman - International Chess Master, author of 38 books including *How to Reassess Your Chess* and *Zen and the Art of Casino Gaming*