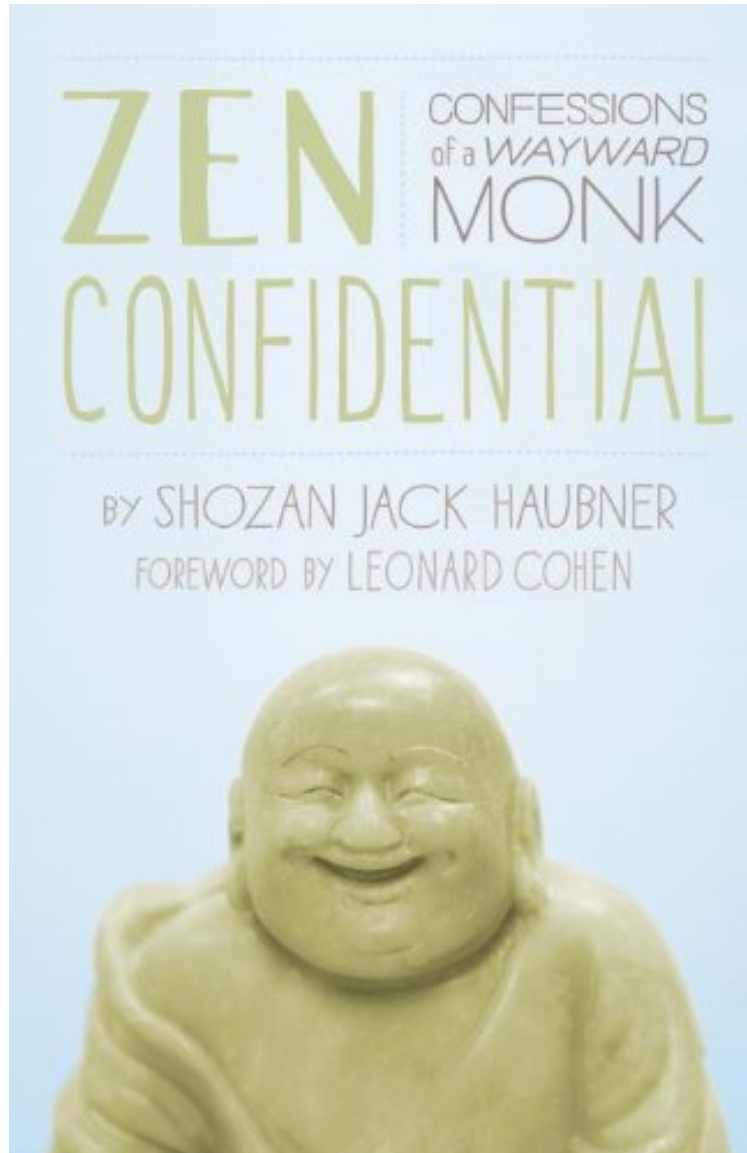


(Download) Zen Confidential: Confessions of a Wayward Monk

Zen Confidential: Confessions of a Wayward Monk

Shozan Jack Haubner

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#52944 in Books Haubner Shozan Jack 2013-05-14 2013-05-14Original language:EnglishPDF # 1 8.50 x .75 x 5.52l, .85 #File Name: 1611800331240 pagesShips from Vermont | File size: 58.Mb

Shozan Jack Haubner : Zen Confidential: Confessions of a Wayward Monk before purchasing it in order to gage whether or not it would be worth my time, and all praised Zen Confidential: Confessions of a Wayward Monk:

4 of 4 people found the following review helpful. All the best, Jack.....By HappilyretiredGives good insight into the totality of Zen practice. By that I mean that the one of the components of the practice is the social climate in the Zen training environment, in this case a monastery in California. Having said that, there's a bit too much about Jack for

my taste though I wish him all the best as he continues monastic training, and for the rest of his life. For a first hand account of what it can be like in a Zen monastery related with much humor, I prefer the three books written by Jan Willem Van de Wetering, especially the first one, "The Empty Mirror." 5 of 5 people found the following review helpful. it's not supposed to be easy. By Jerry Fabyanic One of the most irreverent, deeply spiritual works I've ever read. A most eloquent writer, Shozan Jack offers life lessons for readers through anecdotes, a Zen variety of parables. In so doing, he suggests we too can and should find meaning in our poignant moments. In that the Universe sends teachers in all circumstances for us to can learn if we listen deeply with the heart., he points out that spiritual practice is "tested every day, again and again, in stunningly average situations." As he says, spiritual practice is not about elevating, but giving us insights into ourselves. He encourages us to "step outside yourself"--the very first crucial step in Zen practice--and honestly, authentically see yourself as the "selfish, screwed-up" one, "not the world, not my peers, not my family, not my enemies--me." Tough to read, tougher to accept, and tougher yet to put into practice. But then, it's not supposed to be easy. 6 of 6 people found the following review helpful. Monk for a day By Helen M.

Krieger Spiritual growth is a messy, brutal, hilarious business, and Shozan Jack Haubner doesn't leave anything out in this beautifully personal tale of his journey to monkhood. Studying under one of the oldest living zen masters, Haubner battles his family, his fellow monks, and, most often, himself in his attempt to become one with a world he's always rebelled against. If you're looking for trite, spiritual platitudes or a soft focus approach to zen, this is not the book for you. There is talk of s***, of porn, of constant human pettiness while trying to find the middle path. It is shocking, blasphemous and profane. It is loving, generous and kind. It does what a truly great memoir does - it brings us to a world few people have experience in and lays bare the author's mistakes and insights, so we can become better people just by reading it.

"This punk of a monk, who should be tending to his own affairs, has decided to infect the real world with his tall tales, and worse, to let the cat out of the bag. And what a sly, dangerous, beautiful, foul-smelling, heart-warming beast it is."—Leonard Cohen, from the foreword These hilarious essays on life inside and outside a Zen monastery make up the spiritual memoir of Shozan Jack Haubner, a Zen monk who didn't really start out to be one. Raised in a conservative Catholic family, Shozan went on to study philosophy (becoming de-Catholicized in the process) and to pursue a career as a screenwriter and stand-up comic in the clubs of L.A. How he went from life in the fast lane to life on the stationary meditation cushion is the subject of this laugh-out-loud funny account of his experiences. Whether he's dealing with the pranks of a juvenile delinquent assistant in the monastery kitchen or defending himself against claims that he appeared in a porno movie under the name "Daniel Reed" (he didn't, really) or being surprised in the midst of it all by the compassion he experiences in the presence of his teacher, Haubner's voice is one you'll be compelled to listen to. Not only because it's highly entertaining, but because of its remarkable insight into the human condition.

From Booklist Haubner was raised in a Catholic family in Milwaukee. He went on to study philosophy before moving to Los Angeles to pursue a career as a screenwriter and stand-up comic—an unlikely beginning for a Zen monk, he admits. And he found his "true self" not while writing or performing but rather at a Zen Buddhist monastery. In this enjoyably entertaining read, which includes a foreword by songwriter Leonard Cohen, an ordained Zen Buddhist monk, Haubner doesn't claim to be an expert in Buddhism or Zen. Instead, the Zen he discovered is his antidote to what he describes as capitalistic, individualist, minimall America. He writes about his training with a Zen master, his complex relationship with his parents, and issues regarding his sexuality. At one point, he has a sad revelation: no one "within a thousand-mile radius" genuinely loved him. He had no real home or real friends, "dreams but no goals, credit but no money." And then his life began to look up. --June Sawyers "The author's search to 'grow into a true human being' is described with startling metaphors, acute insights, and humor. . . . Haubner's unorthodox take on the spiritual search, marked by moments of grace, and his strength as an essayist will win over a specific audience willing to accept his dare."—Publishers Weekly "This punk of a monk, who should be tending to his own affairs, has decided to infect the real world with his tall tales, and worse, to let the cat out of the bag. And what a sly, dangerous, beautiful, foul-smelling, heart-warming beast it is."—Leonard Cohen, from the foreword "This is the funniest, most genuine spiritual memoir I have ever read. It feels odd to call it a memoir, given how it is chock full of genuine Buddhist insight. A must-read, especially for those of us who have been accused of being in gay porn films."—Lodro Rinzler, author of *The Buddha Walks into a Bar*... "Zen Confidential has a virtue rare in spiritual books, it includes the whole of life. Here we have sex, bathroom customs of the monastery, politics, suicide, drugs, meanness, marriage, standup comedy, Las Vegas, koans and a 105-year-old Zen master. It's a window into a magical world that pretends to be ordinary and an ordinary world that is magical. Haubner has an acute eye for the ridiculousness of the world and a larger-than-life way of seeing. It's a fresh, living account of this kind of Zen in America and of living well and serving the way." —John Tarrant, author of *Bring Me the Rhinoceros and Other Zen Koans That Will Save Your Life* About the Author Shozan Jack Haubner is the pen name of a Zen monk whose humorous essays have appeared in *Tricycle*, *Buddhadharma*, the *Shambhala Sun*, and *The Sun*, as well as in the *Best Buddhist Writing* series. He is the winner of a

2012 Pushcart Prize. The events described in his book are true. Shozan's name has been changed to protect the innocent.