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The Accidental Buddhist Mindfulness Enlightenment

The Accidental Buddhist is the story of his search. He went to weekend retreats where he meditated all day (and sometimes got to ask the head Buddhist dude some questions), he set up personal interviews with some of the most famous Buddhists in America.

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The Accidental Buddhist: Mindfulness, Enlightenment and ...

The Accidental Buddhist: Mindfulness, Enlightenment, and Sitting Still, American Style. The Accidental Buddhist is the funny, provocative story of how Dinty Moore went looking for the faith he'd lost in what might seem the most unlikely of places: the ancient Eastern tradition of Buddhism. Moore demystifies and explains the contradictions and concepts of this most mystic-seeming of religious traditions.

The Accidental Buddhist: Mindfulness, Enlightenment, and ...

The Accidental Buddhist: Mindfulness, Enlightenment, and Sitting Still: Author: Dinty W. Moore: Publisher: Algonquin Books, 1997: ISBN: 1565121422, 9781565121423: Length: 208 pages: Subjects

The Accidental Buddhist: Mindfulness, Enlightenment, and ...

The Accidental Buddhist never takes itself too seriously—which, as Moore discovers, Buddhists aren't supposed to do, even when they are mindful, enlightened, and sitting perfectly still. “ Moore's hilarious and sometimes irreverent look at Buddhism is a perfect primer for the budding Buddhist. ” —Publishers Weekly

The Accidental Buddhist: Mindfulness, Enlightenment, and ...

The Accidental Buddhist: Mindfulness, Enlightenment, and Sitting Still. A journey through the diverse landscape of American Buddhism, written with a “ blessedly down-to-earth sense of humor ” (Rodger...

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The Accidental Buddhist: Mindfulness, Enlightenment, and ...

The accidental Buddhist : mindfulness, enlightenment, and sitting still. [Dinty W Moore] -- THE ACCIDENTAL BUDDHIST is the funny, provocative story of how Dinty Moore went looking for the faith he'd lost in what might seem the most unlikely of places: the ancient Eastern tradition of ...

The accidental Buddhist : mindfulness, enlightenment, and ...

The Accidental Buddhist Mindfulness, Enlightenment, and Sitting Still. Dinty W. Moore. 3.0 • 1 Rating ... The Accidental Buddhist “ makes the oftentimes impenetrable concepts of Buddhism accessible to the ... describes his weekend at a Zen monastery in upstate New York where he and other participants learn the basic lessons of mindfulness ...

The Accidental Buddhist on Apple Books

THE ACCIDENTAL BUDDHIST is the funny, provocative story of how Dinty Moore went looking for the faith he'd lost in what might seem the most unlikely of places: the ancient Eastern tradition of Buddhism. Moore demystifies and explains the contradictions and concepts of this most mystic-seeming of religious traditions.

The Accidental Buddhist: Mindfulness, Enlightenment, and ...

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The Accidental Buddhist: Mindfulness, Enlightenment, and ...

The Buddha did not teach doctrines about enlightenment, but rather taught people how to realize enlightenment themselves. And the way we realize enlightenment is through direct experience. It is through mindfulness that we experience directly, with no mental filters or psychological barriers between us and what is experienced.

Mindfulness as Buddhist Practice - Learn Religions

The accidental Buddhist : mindfulness, enlightenment, and sitting still. [Dinty W Moore] -- The funny, provocative story of how Dinty Moore went looking for the faith he'd lost in what might seem the most unlikely of places: the ancient Eastern tradition of Buddhism.

The accidental Buddhist : mindfulness, enlightenment, and ...

The Accidental Buddhist never takes itself too seriously—which, as Moore discovers, Buddhists aren't supposed to do, even when they are mindful, enlightened, and sitting perfectly still. “ Moore's hilarious and sometimes irreverent look at Buddhism is a perfect primer for the budding Buddhist. ” —Publishers Weekly

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Accidental Buddhist: Mindfulness, Enlightenment, and ...

The Accidental Buddhist: Mindfulness, Enlightenment, and Sitting Still Dinty W. Moore, Author Algonquin Books of Chapel Hill \$19.95 (228p) ISBN 978-1-56512-142-3 More By and About This Author

The Accidental Buddhist: Mindfulness, Enlightenment, and ...

The Accidental Buddhist is the funny, provocative story of how Dinty Moore went looking for the faith he'd lost in what might seem the most unlikely of places: the ancient Eastern tradition of Buddhism. Moore demystifies and explains the contradictions and concepts of this most mystic-seeming of religious traditions.

9780385492676: The Accidental Buddhist: Mindfulness ...

Both a lively introduction to this Eastern spiritual tradition and a colorful portrait of American society, The Accidental Buddhist “ makes the oftentimes impenetrable concepts of Buddhism accessible to the reader and contains striking, and important, parallels and contrasts between [the author ’ s] own Catholic upbringing and ancient Buddhist traditions ” (Library Journal).

The Accidental Buddhist: Mindfulness, Enlightenment, and ...

With humor and humility, Moore takes us into the physical and spiritual geography of Buddhism American-style: from Change Your Mind Day (a sort of annual Buddhist Woodstock in Central Park), to a weekend at a mountain retreat for corporate

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executives learning effective ways to cope with stress, to a visit with a Zen teacher holding classes in an old Quaker farmhouse, to a meeting with a ...

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