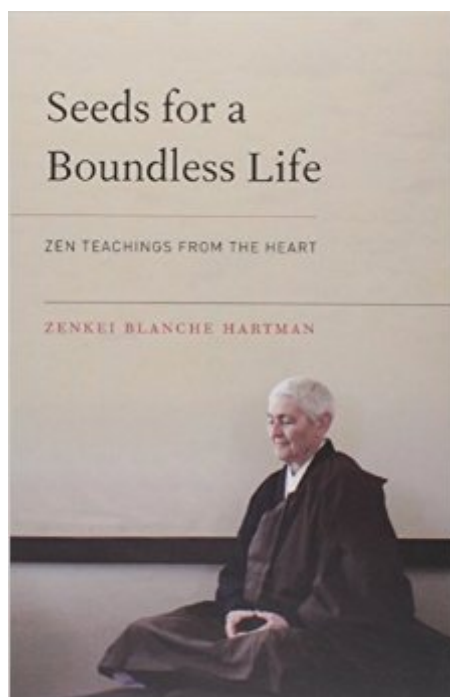


The book was found

# Seeds For A Boundless Life: Zen Teachings From The Heart



## Synopsis

Short and accessible teachings from one of America's pioneer woman Zen teachers. Zenkei Blanche Hartman is an American Zen legend. A teacher in the lineage of Shunryu Suzuki, author of *Zen Mind, Beginner's Mind*, she was the first female abbot of an American Zen center. She is greatly revered, especially in the San Francisco Bay Area, where she has lived and taught for many years. This, her long-awaited first book, is a collection of short teachings taken from her talks on the subject of boundlessness--the boundlessness that sees beyond our small, limited self to include all others. To live a boundless life she encourages living the vows prescribed by the Buddha and living life with the curiosity of a child. The short, stand-alone pieces can be dipped into whenever one is in need of inspiration.

## Book Information

Paperback: 192 pages

Publisher: Shambhala (August 25, 2015)

Language: English

ISBN-10: 1611802849

ISBN-13: 978-1611802849

Product Dimensions: 5.5 x 0.4 x 8.4 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (13 customer reviews)

Best Sellers Rank: #197,981 in Books (See Top 100 in Books) #252 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Spirituality](#) #43495 in [Books > Religion & Spirituality](#)

## Customer Reviews

*Seeds for a Boundless Life* is likely to become a Zen classic. The book is filled with insight born from Zenkei Hartman roshi's long experience as a practitioner and teacher. I am moved by her honesty, insight and plain speech that clearly offers the Dharma. There is a poetry here that shines with Zenkei's life's wisdom. I highly recommend this book to any person regardless of their years of practice.

Blanche Hartman is a wonderful, genuine woman whose heart is always open and whose ability to connect with other Zen students is extraordinary. She taught me to sew 30 years ago when I made my rakusu for Jukai, a role she performed for so many students over decades. This book is a lovely,

poignant and loving expression of Blanche's sincere humility and compassion. Her practice truly comes from her big heart and this shines forth from every page of the book. It is short, yet it is full of insight, and more importantly, wisdom. It is divided into 3 parts: the first is a series of short passages which exemplify the keys to her Zen practice. The second is a set of Dharma talks. The third is a set of Q&A's, which may well be the most useful and fascinating part of the book. In these, Blanche does not shy away from the difficult questions of how Zen Buddhism interacts with modern American culture. Is meditation addictive? Is abortion compatible with the Buddhist precept against killing? Does one need a teacher? How can we practice nonviolence in a world full of violence? How can we handle sexuality in the sangha, and especially between a teacher and a student? Can the "doctrines" of No Self and Rebirth be compatible with one another? What should a student who is enmeshed in an abusive marriage do, especially when there are children involved? How can one practice mindfulness when afflicted with Alzheimer's? All these questions are answered very straightforwardly, with compassion and warmth. Blanche does not respond in a doctrinaire or arbitrary fashion. She listens carefully and then gives a heart-felt reply. Even those who do not agree with her answers will find much to ponder in them, and will recognize the sincerity and respect with which they are endowed. I highly recommend this book. Blanche Hartman is one of the great Zen practitioners in Suzuki Roshi's lineage. This book shows why she is so revered and loved in the community.

I'm not a Buddhist, but one doesn't have to be a Buddhist to learn from this Zen master. It is hard to describe all the treasure in this book, but I'll just say that if you are going mining for treasures, this would be a great spot for it. :)

This is a must have for anyone who wants to learn something about Zen Buddhism. This is a pragmatic look at how to interact in the world from a place that can bring joy and ease. Zenkei Roshi doesn't just offer up a series of platitudes, but instead gives you a view into how she is going about living a life of practice, and in turn how you can apply these same ideas to your everyday life.

As a Zen Buddhist I would say this book is special. Perhaps I would say quite special or important. This warm offering is given Buddha-to-Buddha to anyone interested in Zen life. The quality of her own life speaks volumes that make no sound. Even though I have practiced for many years I have only a small collection of Zen Buddhist writings. It will include this book by Zenkai Blanche Hartman. Thank you.

This is a treasure of the heart of loving practice, and passage after passage left me moved and inspired. There is a wisdom here that will bring me back to this book for a long time.

Beautiful book reflecting a long life of practice. Gave many copies as gifts this year. Perfect for Zen practitioners or anyone interested in Buddhism.

A heartfelt reflection on years of being a meditator and teacher. It is packed with short and wise stories that span her vocation as a Zen master.

[Download to continue reading...](#)

Seeds for a Boundless Life: Zen Teachings from the Heart  
Minecraft Seeds: 25 Amazing Seeds for Pocket Edition (Unofficial Minecraft Pocket Edition Handbook for All Minecraft Fans)  
The Boundless  
ZEN DOODLE: The Art of Zen Doodle. Drawing Guide with Step by Step Instructions. Book one.  
(Zen Doodle Art 1) Zen Coloring - Flowers (Zen Coloring Book)  
Seeds of Freedom: The Peaceful Integration of Huntsville, Alabama  
Seeds of Empire: Cotton, Slavery, and the Transformation of the Texas Borderlands, 1800-1850 (The David J. Weber Series in the New Borderlands History)  
The Triumph of Seeds: How Grains, Nuts, Kernels, Pulses & Pips Conquered the Plant Kingdom and Shaped Human History  
Minecraft Pocket Maps: 50 Amazing Seeds That Actually Works for Pocket Edition (Unofficial Minecraft PE guide) (Minecraft Pocket Edition Handbook Book 3)  
Jesus is All You Need (The Seeds Project Book 1)  
Rebbe: The Life and Teachings of Menachem M. Schneerson, the Most Influential Rabbi in Modern History  
Secret Teachings of a Comic Book Master: The Art of Alfredo Alcala  
Happiness, Love, and Liberation: Insights and Teachings from Buddhist Psychology  
What is the Dharma?: The essential teachings of the Buddha  
Jewels of Enlightenment: Wisdom Teachings from the Great Tibetan Masters  
Buddhist Tantra: Teachings and Practices for Touching Enlightenment with the Body  
Color Zen Coloring Book: On-The-Go! (On-The-Go! Coloring Book)  
Color Zen Adult Coloring Book: Stress Relieving Flower Patterns  
Color Me Stress-Free: Nearly 100 Coloring Templates to Unplug and Unwind (A Zen Coloring Book)  
Zen Time Colorscapes: Adult Coloring for Stress Relief and Relaxation (Volume 1)

[Dmca](#)