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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

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Customer Reviews

This book could've saved me alot 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 consise book that I literally carry with me everywhere I go, on my phone. & to think that I only downloaded it because it was free & didnt bother to look at it for several weeks.

This book was extremely short and simple, which is both good and bad. I believe I got it for free so I can't complain but if you are expecting a longer book you will be disappointed. However, a lot of wisdom can be found in small packages, and the whole point of the book is to simply things and just sit with your thoughts, so, there's that. I would call these short little lessons or meditations. You can

read them all the way through to get an overview of the concepts and then read them more deeply one at a time in the future. It's nice to sit and meditate on the words. This was similar to another book I recently read, and I liked the other book slightly better. *Mindfulness for Beginners in Plain English: Practical Guide with Mindfulness solution, exercises & tips for anxiety*, by Charnita Arora. They are both short and sweet enough to check out at the same time and see which one you like best. I've been practicing mindfulness and it's helped me with grief over pregnancy loss as well as eating better, exercising and other areas of life. I recommend this book for any purpose that mindfulness can help. (

For some reason the idea of meditating always made me anxious, probably because I'm so analytical the idea of trying NOT to think is like trying not to be myself, but Tai Sheridan's little book takes all the stress away. Even if you don't actually meditate, or even sit quietly, this little book is a wonderful way to learn to be at home with yourself and the universe. It reminded me of a wonderful quote from Alan Watts: "I had a discussion with a great master in Japan, and we were talking about the various people who are working to translate the Zen books into English, and he said, 'That's a waste of time. If you really understand Zen... you can use any book. You could use the Bible. You could use Alice in Wonderland. You could use the dictionary, because the sound of the rain needs no translation.' BUDDHA IN BLUE JEANS is like that.

I was clicking around a little bit on [after completing a review of "A Book of Knowing and Not Knowing \(A Handbook for the Information Age\)"](#) and found this book under the "Wisdom books" category. It was free at the time (still is) and I am a big fan of wisdom, and Zen; so I decided to give it a try. What I found was one of the best guides to mindfulness and simplicity that you can read in less than 10 minutes but whose lessons will take lifetimes to master. Compared to other books on the topic, this book is remarkably more simple-a few well-placed phrases on the page-but the impact is stronger because you are left with only your thoughts, the words on the page, and nothing else. Comments This is not a book that you take a lot of notes from (quotes maybe), rather it's something that you read a little, contemplate and then continue reading. A great book to jump-start your meditation and/or spiritual contemplation practices. If you are a fan of [Zen Habits: Handbook For Life](#) and Leo Babuata, this is definitely a book you want to consider reading. It is written in the same style and tone.

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 "practice of meditation" 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!

How is that possible? It focuses my thoughts simply and completely. I meditate to this book with headphones on and my eyes slightly opened as it describes in the beginning of the book. When I want a longer meditation, I have a CD for that. On my busy days, I can use this book several times. Occasionally I use a Chakra meditation. They are all good, serve their own purposes, and bring my life into focus. Blessed be all.

This book is so ridiculously short you could write the entire content on one page. As an overview of Buddhism or instruction on meditation it is completely lacking. I'm not sure why all the 5 star reviews except that perhaps people like the author and want to support his efforts? Total waste of money.

We all seem to have busy lives full of hustle and bustle. A common complaint is that we never have a moment to ourselves to relax. If you've ever thrown your hands up, thinking there was no hope, this book is for you. Sitting quietly, listening to the ocean of your breath, can help solve a multitude of issues and calm your soul. As the author says, sit quietly for three minutes or sit for three years, and be amazed at what you may learn about yourself. And not that sitting quietly takes much instruction, but this book will walk you through how to do it. And it's an extremely short guide. It will only take a few minutes of sitting quietly to read it. And we all need a little quiet time, so go for it.

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