



GOOD LIFE

A Zen Precepts
Retreat
with
Cheri Huber

Edited by
Sara Jenkins

Good Life A Zen Precepts Retreat With Cheri Huber

Ashwini Narayanan, Cheri Huber



Good Life A Zen Precepts Retreat With Cheri Huber:

Good Life Cheri Huber,1997 Good Life presents the Buddhist precepts as signposts on the path to discovering human beings inherent goodness It offers concrete ways of transforming real life difficulties into freedom *Sweet Zen* Cheri Huber,2020-09-15 Sweet Zen is an impressive compendium of clear and inspiring teachings showcasing Zen Buddhist approaches to spiritual practice Offering the unusual perspective on the softness and sweetness to be discovered in the Zen path which has long been associated with formality and even harshness this book includes the traditional rigor of Zen practice but is balanced and eased with ever growing compassion for the self and for the suffering caused by the delusion that we are separate from all that is Trained in the Soto tradition of Zen Buddhism Cheri Huber has taught meditation for more than 20 years **Making a Change for Good** Ashwini Narayanan,Cheri Huber,2024-06-05 Making a Change for Good will assist anyone to make a change of any kind whatever the area diet fitness stress addictions unskillful behaviors anxiety finances spiritual practice Kind compassionate encouragement for confronting personal issues head on and supportive tools for addressing the struggle are the differences in approach this book offers Readers realize that lack clarity is the hindrance to addressing an issue not lack of self discipline Rather than being caught in self hating and self blaming loops that veer us off course we can learn to mentor ourselves and this book teaches us how The 30 day retreat at the end of the book provides a structure for practicing compassionate self discipline **Be The Person You Want to Find** Cheri Huber,2022-12-12 Everything we encounter can help us see who we are if we know how to look Our clearest mirrors and most difficult challenges are often other people those wonderful nagging kind selfish thoughtful lazy sweet arrogant people Becoming aware that what we see in others is a part of who we are is the first and most powerful step on the journey of self discovery This is not a typical how to book on solving your relationship problems The focus here is awareness responsibility clarity and freedom **How to Get from Where You Are to Where You Want to Be** Cheri Huber,2000-10-01 Discover how to increase your awareness and find the happiness you seek with zen teacher Cheri Huber Each of us has everything we need to overcome whatever obstacles we encounter Anyone can do it it just takes willingness and practice In the straightforward engaging style for which she is known Zen teacher Cheri Huber presents a process for getting where you want to go in life This process which is based on Zen awareness training is explained here in ordinary language It is demonstrably effective for all who are willing to look honestly at themselves This fascinating book tells you precisely how to examine an issue that is causing you difficulty how to discover the source of the challenge and how to free yourself from the suffering that is created Step by step you will be able to follow this path to freedom Each step is illustrated with examples from Cheri s life and spiritual practice as well as from problems that students bring to her Additionally each step includes a survey in which readers explore their own experiences emotions beliefs and patterns of behavior **There Is Nothing Wrong with You** Cheri Huber,June Shiver,2021-09-30 This book reveals the origin of self hate how self hate works how to

identify it and how to go beyond it. It provides examples of some of the forms self hate takes including taking blame but not credit holding grudges and trying to be perfect and explores the many facets of self hate including its role in addiction the battering cycle and the illusion of control. After addressing these factors it illustrates how a meditation practice can be developed and practiced in efforts to free oneself from self hating beliefs. *The Big Bamboozle* Cheri Huber, Ashwini Narayanan, 2019-03-11. Zen techniques from a renowned Zen teacher to derive greater satisfaction from life. Are you making choices that are supposed to give you what you want but leave you feeling unfulfilled and disappointed. This new book is based on the Buddha's teachings and the practice of Zen and breaks down the structures of this karmic process. Written in a humorous and lighthearted style it illustrates through essays stories and examples what keeps us from choosing well being love happiness and joy as our life experience. In addition the book contains a full year of practical exercises and nuggets of wisdom from those who have practiced with these teachings. **I Don't Want To, I Don't Feel Like It** Ashwini

Narayanan, Cheri Huber, 2024-05-29. Whether it's a choice such as a class we've signed up for or a chore we feel we have no choice about resistance a voice in the head saying I don't want to I don't feel like it can rocket us from commitment to inaction in a matter of seconds. Employing the tenets of Zen Awareness Practice the book provides numerous exercises and tools for working through resistance. It reveals how the voice of resistance operates in everyday life the many forms it takes and how to be free of it. Transcending resistance is a practice of recognizing it as a process that happens to everybody and not taking it personally. **Suffering Is Optional** Cheri Huber, 2024-03-20. Suffering Is Optional. Three Keys to Freedom and Joy centers around three basic aspects of Zen practice pay attention believe nothing and don't take anything personally. Ending suffering requires that one sees how suffering happens the book urges readers to be willing to be quiet and pay attention to the process of suffering in an effort to see each moment as an opportunity to step beyond illusion into freedom. It also argues that examining beliefs abandoning them and returning attention to the present is essential to ending suffering as is living in the awareness that nothing in the universe is personal. Shambhala Sun, 1998. The Fear Book Cheri Huber, 1995. Rather than explaining typical strategies for overcoming fear this book focuses on examining how fear is experience how to recognize that experience as nothing more than conditioned reaction to circumstance and how to mentor oneself into letting go of beliefs about appropriate responses to fear. The notion is debunked that fear is anything other than a label we have learned to put on a set of physical and emotional responses which is a Buddhist view of emotion in general.

Forthcoming Books Rose Arny, 1997. **Buddha Facing the Wall** Sara Jenkins, 1999. Buddha Facing the Wall presents firsthand accounts of life in an American Zen monastery. Interviews with fifteen monks offer vivid personal glimpses of how everything about the monastery from the daily schedule through meetings with the teacher to the silence itself is designed to support the deep inner work that leads to spiritual transformation. **Trying to be Human** Cheri Huber, 1995.

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