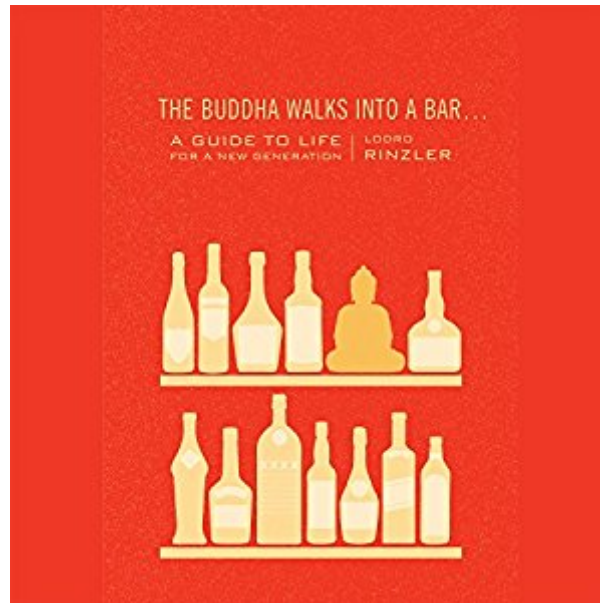


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# The Buddha Walks Into A Bar...: A Guide To Life For A New Generation



## Synopsis

This isn't your grandmother's book on meditation. It's about integrating that "spiritual practice" thing into a life that includes beer, sex, and a boss who doesn't understand you. It's about making a difference in yourself and making a difference in your world - whether you've got everything figured out yet or not. Lodro Rinzler is a bright and funny young teacher with a knack for showing how the Buddhist teachings can have a positive impact on every little nook and cranny of your life - whether you're interested in being a Buddhist or not.

## Book Information

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## Customer Reviews

I believe in being good to others and to be thoughtful about the world around me. Never has a book reinforced and expanded on my feelings like this one has. It has essentially broken down all the efforts I make to being a good person to the core, but has at the same time challenged me to be a better person, to be more reflective, more compassionate, and overall more thoughtful about myself and the world around me. Can a reader, with no expectations of a spiritual awakening coming from a mere paperback, actually find a spiritual direction? Indeed! Mr. Rinzler breaks down meditation and Buddhism in an approachable, modern way that is respectful to the reader. I could relate to most of the viewpoints he's presented positively and could see the validity to his view. He breaks down the methods of meditation, but then expands on the basic tenets of Buddhism and how it can be used in everyday situations. The four animals of the religion- tiger, snow lion, garuda and finally dragon, are

presented in practical everyday ways. Each has an approach to life (and each is a further development upward toward enlightenment), and through meditation are realized in the individual. He presents ways to make negative situations positive, and to learn from them in an attempt to make the world a better place. I read this book with rather low expectations but by the end, actually found myself taking notes! I feel like my way about going about life is pretty solid, but now I have a newfound sense of self, thanks to this book. I have a stronger sense of direction where perhaps one was missing or lacking before. Anyone that is tied strongly to a religion can still benefit from this book. It is not as much a book of religion as it is a presentation to a new way of thinking. Instead of selfishness, of thinking 'me first,' it encourages people to look critically at themselves and to then put others at the forefront. More importantly, it encourages the idea of being 'present' in our everyday lives- enjoy each moment and not go through life unaware of our surroundings. I believe the book can dovetail nicely to a variety of beliefs, as it provides a way of calming one's emotions and thoughts to react more positively on the world around us. A world of people that thinks things through, and has compassion for everyone, is the author's goal. I believe anyone that reads this book would be hard pressed to deny him! Highly recommended!!!

I started with Buddhist meditation in the mid 80s and have read numerous books on the subject. As you would expect, many of them are dry, and/or unapproachable. That's not the case with *The Buddha walks into a bar*. The book doesn't start off with descriptions of the Fourfold path or any other Buddhist tenet. Londro Rinzler, instead, speaks about everyday life issues, in an approachable way, using everyday words, thankfully free of jargon. Yes, he also offers a simple meditation technique as a basis for dealing with life, one that millions have found useful. But that's not the bulk of the book. It's mainly about bringing awareness into our daily lives and interactions, which can bring peace of mind. Rinzler path follows Tibetan, Shambhala tradition, but what he offers is not only common to all Buddhist denominations, but can be found in all the world's major religions. I know denominations is not the proper term for the different schools of Buddhism. Same difference, though. It seems human nature to debate theology and continually split from the main branch to better follow the divergent views. Fortunately, Buddhists generally recognize the commonality of methods and goals and have avoided the holy wars common in the west. I learned the basic meditation technique Rinzler offers as insight meditation, or vipashyana from a different tradition, but the goal is the same. Vipashyana, a Sanskrit words that means 'superior seeing', is only part of the program. Unlike the way many of us were taught to practice religion, by attending service on the sabbath, the Shambhala path calls for living consciously all the time. That's really the

goal, isn't it? By bringing awareness and compassion into every aspect of our lives we can attain more equanimity and peace. We also bring those aspects into our interaction with the world. Not a bad goal.

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