



Zen Estilo Owners Manual

Bernie Glassman, Rick Fields



Zen Estilo Owners Manual:

Instructions to the Cook Bernie Glassman, Rick Fields, 2013-06-18 Zen is not just about what we do in the meditation hall but what we do in the home the workplace and the community That s the premise of this book how to cook what Zen Buddhists call the supreme meal life It has to be nourishing and it has to be shared And we can use only the ingredients at hand Inspired by the thirteenth century manual of the same name by Dogen the founder of the Japanese Soto Zen tradition this book teaches us how we can enlarge the family we re feeding if we just use some imagination Bernie Glassman founded Greyston Bakery in Yonkers New York in 1982 to employ those whom other companies deem unemployable the homeless ex cons recovering addicts low skill individuals with the belief that investing in people and not just products does pay He was right Greyston has evolved into an 8 million a year business with clients all over New York City It is the sole supplier of brownies to Ben it s about working with the community s needs right from the beginning bringing them from the margins to the core As its company motto goes We don t hire people to bake brownies We bake brownies to hire people This book is as much a self manual as a business manual addressing such concepts as Beginner s mind The Middle Way of Sustainability The hungry ghosts of Buddhism as a picture of all humanity Working with our faults Indra s Net and the interconnectedness of life Leaving no trace

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