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lectures Shunryu Suzuki gave to students, arranged by topics. Suzuki is often described as a "founding father" of Zen in America, as he was one of the first to bring it to the West. This book had been on my radar for a while, and then in his bibliography of "Don't Be A Jerk" (<https://www.goodreads.com/review/show...>

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mind of compassion. When our mind is
compassionate, it is boundless.

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Like. "The person who can freely
acknowledge that life is full of difficulties
can be free, because they are
acknowledging the nature of life - that it

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can't be much else.”. — Shunryu Suzuki,
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phrases used by Zen teachers to make

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you notice yourself, to go beyond the words and wonder what your own mind and being are.

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