

Being Upright by Reb Anderson

2001 Rodmell Press

Being Upright is a profound book that takes us beyond the conventional interpretation of ethical precepts to the ultimate meaning that informs them.

Reb Anderson Roshi first introduces us to the fundamental ideas of Zen Buddhist practise.

Who was Shakyamuni Buddha and what was his central teaching?

What does it mean to be a bodhisattva and take the bodhisattva vow?

Why should we confess and acknowledge our ancient twisted Karma?

What is the significance of taking refuge in Buddha, dharma, and sangha?

Then Anderson Roshi explores the ten basic precepts, including not killing, not stealing, not lying, not misusing sexuality, and not using intoxicants. A gifted storyteller, Anderson takes us to the heart of situations, where moral judgments are not easy and we do not have all the answers. With wisdom and compassion, he teaches us how to confront the emotional and ethical turmoil of our lives.

