

The book was found

# The Star Spangled Buddhist: Zen, Tibetan, And Soka Gakkai Buddhism And The Quest For Enlightenment In America

*"Ourvan offers a succinct but illuminating overview of Zen, Tibetan, and Soka Gakkai Buddhism." — Publishers Weekly*

## The Star-Spangled BUDDHIST



Zen, Tibetan, and Soka Gakkai Buddhism  
and the Quest for Enlightenment  
in America



J E F F O U R V A N



## Synopsis

Ourvan offers a succinct but illuminating overview of Zen, Tibetan, and Soka Gakkai Buddhism. Approximately four million Americans claim to be Buddhist. Moreover, hundreds of thousands of Americans of various faiths read about Buddhism, are interested in its philosophical tenets, or fashionably view themselves as Buddhists. They're part of what's been described as the fastest-growing religious movement in America: a large group of people dissatisfied with traditional religious offerings and thirsty for an approach to spirituality grounded in logic and consistent with scientific knowledge. *The Star-Spangled Buddhist* is a provocative look at these American Buddhists through their three largest movements in the United States: the Soka Gakkai International, Tibetan/Vajrayana Buddhism, and Zen Buddhism. The practice of each of these American schools, unlike most traditional Asian Buddhist sects, is grounded in the notion that all people are capable of attaining enlightenment in this lifetime. But the differences are also profound: the spectrum of philosophical expression among these American Buddhist schools is as varied as that observed between Reformed, Orthodox, and Hasidic Judaism. *The Star-Spangled Buddhist* isn't written from the perspective of a monk or academic but rather from the view of author Jeff Ourvan, a lifelong-practicing lay Buddhist. As Ourvan explores the American Buddhist movement through its most popular schools, he arrives at a clearer understanding for himself and the reader about what it means to be—and how one might choose to be—a Buddhist in America.

## Book Information

File Size: 2571 KB

Print Length: 209 pages

Publisher: Skyhorse Publishing; Reprint edition (January 26, 2016)

Publication Date: January 26, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01AFE7S2S

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #284,768 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #39 in Kindle Store > Kindle eBooks > History > Religion > Buddhism #98 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > History #118 in Books > History > World > Religious > Buddhism

## Customer Reviews

I've read a lot of books on Buddhism but never one that I felt was this good at explaining Buddhism to a non-Buddhist. I feel this is the perfect Buddhist book that has been sorely lacking in our American literature and culture. Clearly the author seems to be a very well informed and deeply spiritual person but also practical and extremely engaged in trying to help the reader understand the differences in 3 popular sects of Buddhism in America. I really love that I can feel both the passion and compassion in this writing. I loved the introduction where the author really showed us his human side and let us get an inside view into his introduction into Buddhism. I think anyone who has a self-effacing attitude and can be real is always a gem - so kudos to the author for that! It was also very refreshing that the author, Jeff Ourvan, who practices Nichiren Buddhism seems able to impartially view the different practices and allow the reader to come to their own conclusions. He states his reasonings for practicing the Buddhism he has chosen but does so in a very informative and respectful manner. Again, what a satisfyingly refreshing and enlightened read. I really appreciated the explanation of the mentor disciple relationship in Buddhism as that has always confused me. The author's own explanation of his experience in selecting a mentor was helpful. I also am always very interested in what kind of person wrote this book, being a fledging writer myself, and I really like how he ended it by saying "I now live with my new wife, our three children, and, in my heart, my mentor on our mundane and exquisitely ordinary own little island of dharma." And then he goes on to say how he is able to strive for his own happiness daily through his Buddhist chanting. Very cool!

[Download to continue reading...](#)

The Star Spangled Buddhist: Zen, Tibetan, and Soka Gakkai Buddhism and the Quest for Enlightenment in America  
Buddhism: Buddhism for Beginners - The Ultimate Guide to Buddhist Teaching and Enlightenment (Zen Buddhism, Mindfulness, Guided Meditation, Exercises, Buddhism Psychology Books)  
Buddhism: Buddhism For Beginners: Your Guide to Incorporate Buddhism into Your Life (Buddhism Focus, Buddhism Teachings, Buddhism History, and Buddhism ... Life)  
BUDDHISM: 50 Buddhist Teachings For Happiness, Spiritual Healing, And Enlightenment (Buddhism For Beginners, New Age Meditation, Dalai Lama, Zen Buddhism, Spiritual Guide, Stress

Free, Dharma) Buddhism: Buddhism for Beginners: The Complete Introduction to Buddhism: Meditation Techniques, Acceptance, & Spiritual Practice (Buddhist, Meditation, ... Mindfulness, Zen, Inner Peace, Dalai Lama) BUDDHISM: Buddhism for Beginners: A Practical Guide to Spiritual Enlightenment (buddhism for beginners, zen, chakras, reiki, energy healing, spiritual awakening, mindfulness) Zen: Zen for Beginners: The Complete Guide to Achieving Presence and Inner Peace (Meditation, Buddhism, Zen Buddhism for Beginners, Happiness) Zen: Zen For Beginners - The Ultimate Guide To Incorporating Zen Into Your Life - A Zen Buddhism Approach To Happiness And Inner Peace A Study of the Impact of Tibetan Buddhism on Tibetan Customary Law (A Tibetan-Chinese version) (Chinese Edition) Buddhism: Buddhism For Beginners, The Complete Guide Of Buddhism, Everything You Need To Know To Practice Buddhist Teachings In Your Everyday Life Buddhism: Beginner's Guide to Understanding & Practicing Buddhism to Become Stress and Anxiety Free (Buddhism, Mindfulness, Meditation, Buddhism For Beginners) BUDDHISM: Buddhism For Beginners: How To Go From Beginner To Monk And Master Your Mind (Buddhism For Beginners, Zen Meditation, Mindfulness, Chakras) Buddhism: How To Practice Buddhism In Your Everyday Life (Buddhism for Beginners, Zen Meditation, Inner Peace, Four Noble Truths) Zen:How to Live a Zen Lifestyle in a Modern Society (Zen, Buddhism, Mindfulness, Yoga) Zen and Zen Classics volume 1: From the Upanishads to Huineng (Zen & Zen Classics) Buddhist Nuns, Monks, and Other Worldly Matters: Recent Papers on Monastic Buddhism in India (Studies in the Buddhist Traditions) Tibetan Literature: Studies in Genre (Studies in Indo-Tibetan Buddhism) BUDDHISM: for Beginners! From Dummies to Expert. Beginners Guide for Learning the Basics of Buddhism (Zen, Meditation, Dalai Lama, Yoga, Buddha, Dharma, Happiness) The Star-Spangled Banner: The Flag That Inspired the National Anthem Through the Perilous Fight: From the Burning of Washington to the Star-Spangled Banner: The Six Weeks That Saved the Nation

[Dmca](#)