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Meditation Now or Never is certainly not a bad introduction to meditation - but I also wouldn't call it particularly good. Steve Hagen writes plainly and simply about matters from the more practical concerns of how to actually meditate to what to expect (or not) from meditation.

### **Meditation Now or Never by Steve Hagen - Goodreads**

Hagen began studying Buddhism in 1967. In 1975 he became a student of Dainin Katagiri Roshi, and in 1979 he was ordained a Zen priest. Steve lives in Minneapolis, where he lectures, teaches meditation, and writes. He is currently head teacher at

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Dharma Field Meditation and Learning Center in Minneapolis.

## **Meditation Now or Never by Steve Hagen, Paperback | Barnes ...**

5.0 out of 5 stars Meditation Now or Never. Reviewed in the United Kingdom on February 12, 2013. Verified Purchase. An excellent, no nonsense introduction to meditation. It is suitable both for people starting to do meditation, and for more "seasoned" practitioners. Steve's writing is very direct, and clearly written from a long matured experience.

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Steve's book is a complete introduction to meditation--to its joys as well as to its challenges. If you want to learn to meditate, I can think of no better introduction to a new, simpler, wiser and more fulfilling way of living.

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Meditation Now or Never Published by Thriftbooks.com User , 12 years ago Steve Hagen, the author of Buddhism: Plain and Simple, is the best introduction to Zen and Buddhism you can find.

## **Meditation Now or Never book by Steve Hagen**

In practicing meditation, we go nowhere other than right here where we now stand, where we now sit, where we now live and breathe. In meditation we return to where we already are--this shifting, changing ever-present now. If you wish to take up meditation, it must be now or never." — Steve Hagen, Meditation Now or Never

## **Meditation Now or Never Quotes by Steve Hagen**

Hagen, Steve (2007). Meditation Now Or Never. HarperOne. ISBN 0-06-114329-4. Hagen, Steve (2012). Why the World Doesn't Seem to Make Sense: An Inquiry into Science, Philosophy, and Perception. Sentient Publications. ISBN 1591811805. Other books. Katagiri, Dainin (2000). Hagen, Steve (ed.). You Have to Say Something. Shambhala. ISBN 1-57062-462-3.

## **Steve Hagen - Wikipedia**

The illustrations and descriptions below are excerpted from Meditation Now or Never, by Steve Hagen. Cross-Legged Sitting Postures There are three options in sitting cross-legged: Half-lotus posture, full-lotus posture or Burmese posture. Hand-crafted meditation cushions and mats are available through Dharma Field. Half Lotus Posture

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This is a very nourishing practice. These are some of the books

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that we have read together which support our practice: Love Letter to the Earth by Thich Nhat Hanh Ten Breaths to Happiness by Glen Schneider Meditation Now or Never by Steve Hagen Turning the Mind Into an Ally by Sakyong Mipham Wherever You Go There You Are, by Jon Kabat-Zinn

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