



Open Your Heart and Buddhism

Q: What does opening your heart have to do with Buddhism?

A: One of the things that happens as your heart opens is that you become aware of your thoughts as you are having them. That awareness is something that Buddhism strives for, too.

Q: Isn't Buddhism all about meditation?

A: Buddhists do meditate, and they also teach you to appreciate the flow of the activity you're in, whether it's sweeping a sidewalk, walking, or listening to music. The idea is to stay present where you are right now. The Open Your Heart books try to help people do the same thing.

Q: Do the books teach Buddhism?

A: There's a lot more to Buddhism, or any religious or spiritual belief, than we could possibly hope to teach with these books. We just want to help people become more aware, and subsequently happier.

Q: Do the books teach meditation?

A: Again, the term "teach" doesn't seem quite accurate. We just want to help people become more aware of their own minds. If they are already practicing a form of meditation with their favorite activity, then we'd like to help them recognize that.

Q: Why isn't the series called Zen and the Art of Basketball, Bicycling, etc.

A: For one thing, Zen is just one type of Buddhism, and we wanted the books to have as broad of reach as possible. Aside from that, others have already used that title quite a bit. We wanted to open our hearts to something different.