

# The Life Practice Of Zen Master Jun Po Denis Kelly Roshi - A Journey Towards Enlightenment

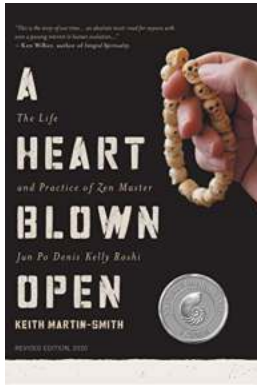


When it comes to Zen Buddhism, one name that stands out prominently is Zen Master Jun Po Denis Kelly Roshi. Born in 1943, Roshi has dedicated his life to the practice of Zen and has become a revered teacher and spiritual guide.

## Early Life and Influences

Roshi was born and raised in the United States. His early years were marked by a sense of curiosity and a search for meaning. As a young man, he explored different spiritual paths, studying various philosophies and practices.

**A Heart Blown Open : The Life & Practice of Zen  
Master Jun Po Denis Kelly Roshi**



by Keith Martin-Smith (Kindle Edition)

★★★★☆ 4.4 out of 5

Language : English  
File size : 3027 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 346 pages  
Lending : Enabled



However, it was during a trip to Japan in the early 1970s that Roshi encountered Zen Buddhism and found his calling. He became a student of Yamada Koun Roshi, a renowned Zen master, and began immersing himself in Zen practice.

## Training and Enlightenment

Roshi's training as a Zen practitioner was rigorous and intensive. He spent years studying under Yamada Koun Roshi and other eminent Zen masters, honing his meditation skills and deepening his understanding of Zen philosophy.

Through years of dedicated practice and meditation, Roshi experienced a profound awakening. He attained enlightenment and became a fully realized Zen master. This transformative experience shaped the course of his life and set him on a path of guiding others towards inner peace and self-realization.

## Teaching and Transmission

After attaining enlightenment, Roshi dedicated himself to sharing his insights and teachings with others. He established the Hollow Bones Zen Order, a spiritual community that emphasizes the integration of Zen practice into daily life.

Roshi's teaching style is unique and innovative. He combines traditional Zen practices with contemporary techniques to create a holistic approach to spiritual development. His teachings encompass meditation, mindfulness, somatic practices, and psychological insights, allowing individuals to explore and integrate different aspects of their being.

Over the years, Roshi has guided numerous students on their spiritual journeys, helping them uncover their true nature and discover inner peace. His teachings resonate with people from all walks of life, as he emphasizes the practical application of Zen principles in modern society.

## **Impact and Legacy**

Zen Master Jun Po Denis Kelly Roshi's impact on the Zen Buddhist community cannot be overstated. His unique approach to Zen practice has attracted followers from around the world.

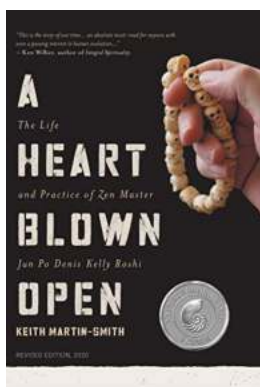
Roshi's emphasis on integrating Zen principles into daily life has made Zen accessible to people outside traditional monastic settings. His teachings offer practical tools for navigating the challenges of the modern world, promoting self-awareness, compassion, and a deep sense of interconnectedness.

Through his writings, talks, and personal interactions, Roshi continues to inspire and guide countless individuals on their spiritual journeys. His legacy as a Zen master, teacher, and practitioner is one of deep wisdom, compassion, and dedication.

The life practice of Zen Master Jun Po Denis Kelly Roshi serves as an inspiration for all seekers of truth and enlightenment. His journey of self-discovery, training, and transmission embodies the essence of Zen Buddhism.

Through his teachings and guidance, Roshi empowers individuals to find their inner peace, navigate the complexities of life, and cultivate a deep connection with themselves and the world around them.

Zen Master Jun Po Denis Kelly Roshi's life is a testament to the transformative power of Zen practice and serves as a guiding light for those on the path towards self-realization and awakening.



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A Heart Blown Open chronicles the extraordinary journey of Zen master Jun Po Denis Kelly Roshi, whose life landed him in prison long before he landed in a monastery. Experience the successes and failures that led him to found an entirely new form of Buddhism called Mondo Zen. Starting from an abusive and alcoholic home in Wisconsin, Kelly becomes a major force in the counterculture of the 1960s and one of its biggest manufacturers of LSD. He ends up on the run for five years before serving time in a federal prison, and then goes on to spend

six years in a Zen monastery. In his fiftieth year, he becomes a recognized Zen master in his own right, but the real journey is just about to begin.

Extraordinary in their playfulness, depravity, and liberating insight, Jun Po's life events swirl together to underscore and illuminate the environment from which one of the most controversial masters of the American Zen scene has emerged. A Heart Blown Open constitutes a powerful synthesis of Eastern contemplative wisdom and Western psychological insight and is as entertaining as it is inspirational.



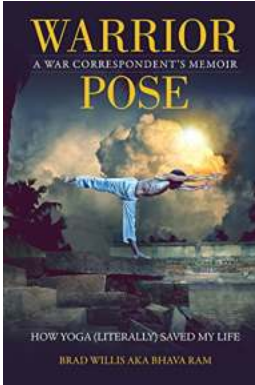
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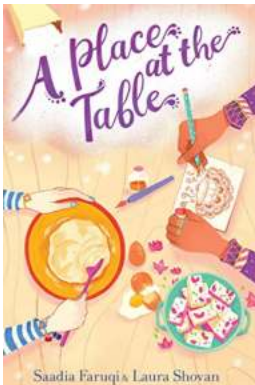
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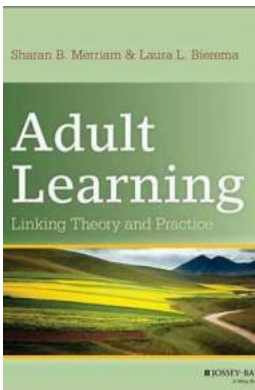
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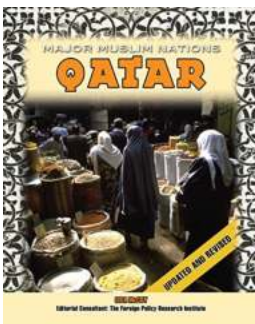
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