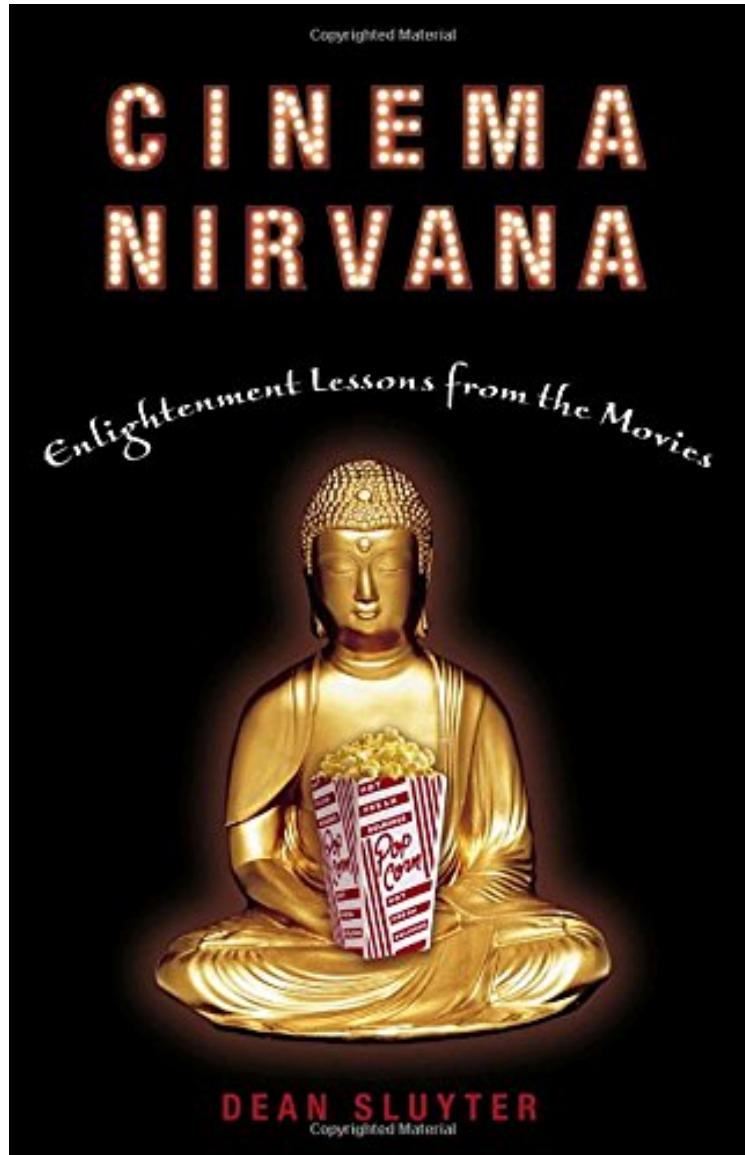


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Cinema Nirvana: Enlightenment Lessons from the Movies

Dean Sluyter

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Dean Sluyter : Cinema Nirvana: Enlightenment Lessons from the Movies before purchasing it in order to gauge whether or not it would be worth my time, and all praised Cinema Nirvana: Enlightenment Lessons from the Movies:

2 of 2 people found the following review helpful. Turn off Netflix and Read this book.(you can go back to Netflix with a new set of eyeballs)By MATTHEW R MAGUIRE This book helped me through a rough time in my life, when going through a brutal divorce that had me at a suicidal edge. Humor is pain plus time. My spiritual wanderings had taken

me to the top and the bottom. I created a lot of pain for myself thinking.....well probably not thinking why and just plowing ahead. Then the plow came upon this book. With out going into any detail of it's contents I can just simply state that this book has more diamonds of pure hilarity and insight then can be found in the Seven Dwarfs mine. To open it at random is to be surprised and shot through every time. It has reached the high honor of being left in the bathroom, I have three copies scattered around the house. I might buy a million copies and give them away on the street or at the movies. Thanks Dean, see you in the lobby.0 of 0 people found the following review helpful. From shadows to substanceBy EdwardThe author dissects movie classics with such elegance and wit that they become MORE alive than ever, full of transcendent spiritual truths. This is a treasure of a book!2 of 2 people found the following review helpful. Brilliant, creative, insightful, entertaining weave of Dharma in filmBy Y. SaavedraThis is just a delight to read, entertaining, funny, educational. The author weaves and illustrates so brilliantly the dharma teaching in each film and story. Many I have seen/read and some I ended up seeing to watch from his point of view. I have reread this book many times and have shared it with many. My daughter 1st discovered it and shared with me. We've had a fun time discussing it. It is spiritual and so insightful, one is learning about untangling from negative ego via Dean's inspired writing. I can't say enough good about it! What a fun way to learn and 'awaken!'

Movie fans and spiritual seekers, unite! In Cinema Nirvana, meditation teacher and award-winning film critic Dean Sluyter illuminates the hidden enlightenment teachings of Casablanca, Jaws, The Graduate, The Godfather, Memento, and ten other classic films, revealing spiritual wisdom in everything from 007's secret weapons to the colors of the Seven Dwarfs eyes. So grab your popcorn, sit back, and prepare to have your mind opened. Cinema Nirvana is a funny but wise, practical but wildly entertaining guide to finding enlightenment one movie at a time.

From Publishers WeeklyCould funnyman Jim Carrey possibly have anything to teach us about the nature of reality? The answer is a resounding "yes," according to Sluyter, cofounder of the New Jersey chapter of the Dzogchen Foundation. He explains: in the film The Truman Show, Carrey uses his "superb physical acting skills" to portray one man's "journey of spiritual discovery." This is only one of 15 examples of the enlightenment lessons apparent in Hollywood movies that Sluyter happily explains in this unorthodox film guide. From The Graduate and Snow White and the Seven Dwarfs to Jaws and Memento, Sluyter analyzes each movie's basic essence, tying its characters, plots and messages to spiritual teachings. Despite the book's gimmicky hook, it's actually quite in-depth, and Sluyter seems to know his stuff. He can be funny ("As a role model, Snow White sucks"), but intellectual, too (the conflict Rick faces in Casablanca "recalls the choice faced by Arjuna the warrior, hero of the Bhagavad Gita"). Basic knowledge of the films and religious texts is recommended, but certainly not required; Sluyter explains each concept in a non-technical, conversational way. (On sale Feb. 22)Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. Dean Sluyter has one of the freshest voices in spiritual writing today. From the common ore of pop culture, he extracts the gleaming diamonds of dharma-wisdom." Lama Surya Das, author of Awakening the Buddha WithinIf you spliced together DNA from Quentin Tarantino and the Dalai Lama, youd get Dean Sluyter and hed write this amazing book. Michael Gelb, author of How to Think Like Leonardo da VinciEntertaining and thoughtful in turn, Cinema Nirvana compels you to watch the movies in the way a buddha might see them. Stephen Batchelor, author of Living with the Devil Sluyter is the movie guru I have longed for. Virtually every page contains jaw-dropping insights and laugh-out-loud surprises. Lama John Makransky, Professor of Buddhism and Comparative Theology, Boston CollegeFrom the Inside FlapMovie fans and spiritual seekers, unite! In "Cinema Nirvana, meditation teacher and award-winning film critic Dean Sluyter illuminates the hidden enlightenment teachings of "Casablanca, "Jaws, "The Graduate, "The Godfather, "Memento, and ten other classic films, revealing spiritual wisdom in everything from 007's secret weapons to the colors of the Seven Dwarfs' eyes. So grab your popcorn, sit back, and prepare to have your mind opened. "Cinema Nirvana is a funny but wise, practical but wildly entertaining guide to finding enlightenment--one movie at a time.