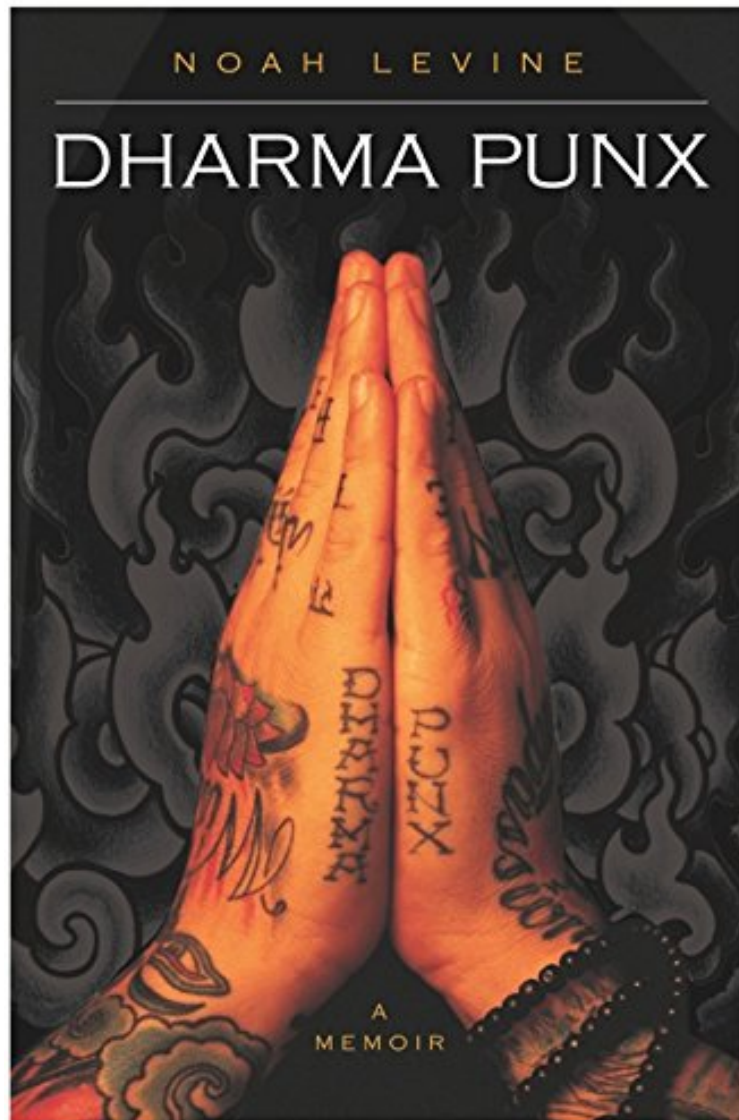


## Dharma Punx

Noah Levine

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#18735 in Books Noah Levine 2004-05-04 2004-05-04 Original language: English PDF # 1 8.00 x .61 x 5.311, .52 #File Name: 0060008954272 pages Buddhism | File size: 33.Mb

**Noah Levine : Dharma Punx** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Dharma Punx:

3 of 3 people found the following review helpful. ... Noah Levine at Wanderlust here in Dallas and really enjoyed his guided meditation By L. Roark I saw Noah Levine at Wanderlust here in Dallas and really enjoyed his guided meditation, so I thought I'd check this book out. Although I'm a Christian and don't really identify Buddhism as the path towards freedom and happiness as Noah does, his story was very interesting. It's frustrating because he didn't have the kind of tough home life that one would expect from someone who was so destructive; it's difficult to

empathize with his choices of drug use and criminal activity, but once his story reaches the point where he knows he can't continue down his road, it gets really good. This book is for someone who wants inspiration for giving themselves another chance at life, but not necessarily for someone who is spiritually confused. 4 of 4 people found the following review helpful. He is a good role model for those that are combating addiction problems. By David Bishop I respect everything that Mr Levine has been through, but I thought his writing skills were lacking. He is a good role model for those that are combating addiction problems, and I do think that this book can help some people. I had to be honest, though, the man can't write. 0 of 0 people found the following review helpful. I definitely think a better time to read this would have been a few ... By Giddy\_goop Punk changed my life. I'm now a mother of two that struggles still about my ideals and beliefs. I'm agnostic but this book was still highly enjoyable. I definitely think a better time to read this would have been a few years sooner for me personally. Punk is more than just music and I loved reading it meant more to someone else as well.

Fueled by the music of revolution, anger, fear, and despair, we dyed our hair or shaved our heads ... Eating acid like it was candy and chasing speed with cheap vodka, smoking truckloads of weed, all in a vain attempt to get numb and stay numb. This is the story of a young man and a generation of angry youths who rebelled against their parents and the unfulfilled promise of the sixties. As with many self-destructive kids, Noah Levine's search for meaning led him first to punk rock, drugs, drinking, and dissatisfaction. But the search didn't end there. Having clearly seen the uselessness of drugs and violence, Noah looked for positive ways to channel his rebellion against what he saw as the lies of society. Fueled by his anger at so much injustice and suffering, Levine now uses that energy and the practice of Buddhism to awaken his natural wisdom and compassion. While Levine comes to embrace the same spiritual tradition as his father, bestselling author Stephen Levine, he finds his most authentic expression in connecting the seemingly opposed worlds of punk and Buddhism. As Noah Levine delved deeper into Buddhism, he chose not to reject the punk scene, instead integrating the two worlds as a catalyst for transformation. Ultimately, this is an inspiring story about maturing, and how a hostile and lost generation is finally finding its footing. This provocative report takes us deep inside the punk scene and moves from anger, rebellion, and self-destruction, to health, service to others, and genuine spiritual growth.

.com "Buddhism and punk rock," writes former skate punk, drug addict, and petty thief and current Buddhist meditation instructor Noah Levine in his memoir *Dharma Punx*, "obviously have some huge differences." No argument there. "But," he continues, "for me they are both part of a single thread that has been stitched through every aspect of my life." Judging by Levine's childhood, it's amazing there's any salvageable material with which to stitch. He was suicidal at age five, smoking pot and drinking beer while crashing headlong into the Bay Area punk scene by the 8th grade, and in and out of jail as a wayward teen who stole VCRs from neighbors to finance a crack habit. After he hit bottom and embraced a Buddhist path similar to that endorsed by his father, author Stephen Levine, the trappings of his previous life were largely rejected. Except for the punk rock, which Levine channeled into a Buddhist worldview. The first section of the book is harrowing as Levine details his descent into addiction and does so with a simple matter-of-fact approach that makes his tale all the more compelling. Levine is a potent central character, always sympathetic even when he's neither likable nor completely forgivable. Later sections lack the same impact and consist largely of travelogues of the author's journeys around the world in search of spiritual satisfaction along with attempts to reconcile the disparate worlds of punk and Buddhism. Nonetheless, it is satisfying to see Levine return to the juvenile halls where he was once incarcerated, this time as a counselor. While there is nothing especially unique about the literary genre of reformed addict memoir, it's a genre that rarely involves punk rockers or Buddhists. Levine's unique and skillfully related journey will appeal to punks, Buddhists, and anyone interested in the idea of redemption. --John Moe From Publishers Weekly Like father, like son: Levine, son of Buddhist teacher and author Stephen Levine, updates his father's path to enlightenment in this engaging memoir. The 32-year-old author spent his youth in what Buddhists would call the hell realm—here found in addictive drugs and alcohol and criminal behavior, beginning at age six with marijuana and culminating at age 17 with detoxification from alcohol in a padded cell in juvenile hall. His father's meditation instructions opened a door out of the son's psychological and spiritual prison. From that turning point the younger Levine began his own spiritual journey, starting with 12-step recovery and on to the meditation cushion, to monasteries in Asia and climactically back to the same juvenile hall where he was imprisoned, only this time to offer meditation instruction. This young-life drama plays out with a punk rock soundtrack, Levine having discovered, also at an early age, the vehicle of punk music to express vital energy. He uses a natural, conversational voice to relate his story, which makes it easier to maintain empathy not only for him but also for other troubled and benighted people—not all of whom live, as Levine has, to tell the tale of transformation. This honest, page-turning confession is also a measure of the adaptability and usefulness of the Asian tradition of Buddhism for the young and the restless of contemporary America. Copyright 2003 Reed Business Information, Inc. This honest, page-turning confession is also a measure of the adaptability and usefulness of the Asian tradition of Buddhism for the young and restless of contemporary America. (Publishers Weekly) Fierce and disarming in its honesty, raw and true in

its expression...This is not your average spiritual autobiography! (Norman Fischer, Zen priest and poet, and founder of the Everyday Zen Foundation)An entry point for many others into a potentially life-saving practice...an empathic and moving offering. (Jon Kabat-Zinn, author of Full Catastrophe Living and Wherever You Go, There You Are)Honesty and wildness that become transformed and inspiring. (Jack Kornfield, author of A Path With Heart)This book is a great success story that shows that violence, negativity and self destruction doesnt accomplish anything. (Mike Ness, lead singer of Social Distortion)Noah takes us through his own personal genocide in this honest and at times unbearably painful account of his journey. (Sothira, lead singer of Crucifix/Proudflesh)Levine has a gift for plunging readers into the belly of his experience. (Tricycle magazine)