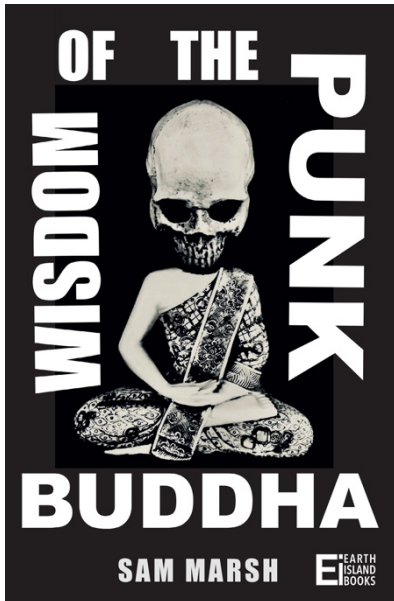




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Wisdom of the Punk Buddha

By Sam Marsh

**“I am a punk and a Buddhist,
And I'm not conflicted at all. “**

Punks are really nice, but many people are scared of them. Punks definitely have an attitude, and this can be deemed intimidating if you don't know how to read it. Even though punks are lovely, they are not afraid to vent their anger at the state of the world, and protest against all the terrible things that some people do. This is why punk music sounds so aggressive - it's getting all that anger out. But at the core of punk attitude is love - yearning for a better world where people can live in harmony and peace, free from suffering. It's the same attitude that Buddhists have, and that's why I'm a Punk Buddhist, and I'm not conflicted at all.

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#wisdomofthepunkbuddha



“A mixture of very enjoyable punk poetry and Buddhist thought... designed to help you make sense of the world and your place in it. This book shows that a lot of punk rock thoughts and ideas can be found in Buddhism, if you look at it the way Sam Marsh does.”

-Tony Whatley, *Suspect Device*

As a child Sam was obsessed with music and drumming. As a teenager he wanted to be a famous rock musician. After pursuing that for a while and it not working out, he decided to do something less selfish with his life and became a mental health worker, which he did for the next twenty plus years. It was here Sam met a bloke who had once lived in a Buddhist monastery – they would talk about deep stuff like ‘what the heck is life all about?’ He lent Sam a book on meditation which blew his mind, and he started investigating Eastern spiritual traditions.

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