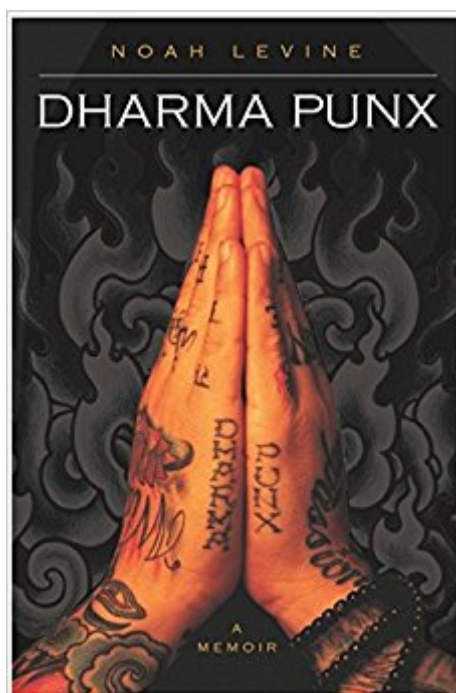


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# Dharma Punx



## Synopsis

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.

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## Customer Reviews

"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 --This text refers to an out of print or unavailable edition of this title.

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 text refers to an out of print or unavailable edition of this title.

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.

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.

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.

This is one of my favorite books, I bought so many copies over the years after lending them to friends. I decided to get it in a hardcover to forever have in my book collection. It's such an amazing story for a young punk to read... I started the book when I was around 16, now ten years later at 26 I find myself reading it again to take on the feeling and knowledge it gave me that lasted in my heart for so long. Noah Levine really tells it how it is, and the punk scene hasn't changed much, people are still drinking every night at shows and this book makes me feel like I'm not crazy for wanting to be apart of a world of fast music while still keeping my meditative awareness.

This book just blew my mind. This is a perspective I didn't even know I needed. Thank you to the Author!

Levine weaves a truly unique and poignant story of his path to spiritual truth and fulfillment. His unwavering honesty and clarity provides a clear road map that each of us can follow as we seek our own way.

Love this book and Noah Levine. For me it captured a lot of what I went through in my teen and early 20's. It helped me recognize my relationship with alcohol when I was younger, and how I used any type of escapism to not be in suffering for any length of time. This book is great for people that don't fit the Buddhist hippie stereotype, and are trying to grow their spiritual practice. I read this book 7 years ago and I still recommend it to people. Especially men! It's a great introduction to meditation. Super Helpful for people struggling with addiction.

A slice of life in its era. This book didn't have a lot of thoughtful reflection or insight, but it was an interesting enough story that it held my attention.

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