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[You may well ask, what is Zen driving? The Japanese word zen literally means meditation, and meditation means being fully aware, fully in touch with your surroundings.](#)

[When you are in a meditative state, you are in your natural self, your Buddha self - and you can do it while driving.](#)

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[The way of Zen may be the most effective avenue to driving, but then driving itself is the best way to learn Zen. One is the application of the other. Ultimately, awareness and experience will be your only useful guides. The purpose of this book is to introduce you to those guides without getting in the way.](#)

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This is an excellent opportunity to practice Zen driving, as it is not only gentler on your car, the environment, and your wallet; it also requires great awareness and patience. [8] Hypermiling includes strategies like properly maintaining your car and tires, balancing and limiting your loads, coasting (safely) when possible, accelerating gently, and limiting idling.

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