

Flowers Fall A Commentary On Zen Master Dogen Genjokoan Paperback

Zen Comments on the Mumonkan Faith in Mind Zen Buddhism The Essential Teachings of Zen Master Hakuin Bauddha Adhyayana Kī
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the supreme way is not difficult if only you do not pick and choose neither love nor hate and you will clearly understand be off by a
hair and you are as far from it as heaven and earth these vivid lines begin one of the most beloved and commented upon of all zen
texts the hsin hsin ming faith in mind a sixth century poem by the third chan patriarch seng ts an the hsin hsin ming is a masterpiece
of economy expressing the profoundest truth of the enlightened mind in only a few short pages master sheng yen s approach is
unique among commentaries on the text he views it as a supremely useful and practical guide to meditation practice i do not adopt a
scholarly point of view or analytical approach he says rather i use the poem as a taking off point to inspire the practitioner and deal

with issues that arise during the course of practice true faith in mind is the belief grounded in realization that we have a fundamental unmoving and unchanging mind this mind is precisely buddha mind

the fiery and energetic zen teachings of an important and beloved japanese teacher and artist are explored here in an elegant book that uses calligraphy and painting to express the true nature of enlightenment features 12 reproductions of hakuin s original artworks

three japanese swordsmen recorded their philosophy experiences and ideas during their lifetime in the 16th and 17th centuries hiroaki sato s translation of their work is an illuminating and revealing book on the basic elements of strategy

original nature is the historic translation and commentary on the platform sutra of the sixth patriarch of chinese zen by america s first zen master sokei an sasaki 1882 1945 finally available 75 years after its completion sokei an considered the sixth patriarch s message an essential foundation for the transmission of zen to america i think the sixth patriarch never dreamed that his record would be explained to westerners in new york i feel that i am in a valley between huge mountains and that the ancient simple minded woodcutters fisherman monks and nuns who are living in the mountains have come to the place where they always make their gatherings and that i am one of them now

with an inside view from an expert in the field solid scholarship and a clear and engaging writing style asian philosophies invites students and professors to think along with the great thinkers of the asian traditions john m koller is a scholar and teacher who has devoted his life to understanding asian thought and practice he wrote this text to give students and professors access to the rich philosophical and religious ideas of both south and east asia

a convenient one volume collection of english translations of the basic text that have shaped the major asian philosophical traditions

the shinjinmei written in the 6th century by the monk sosan is the first of zen s four fundamental texts thus it is central to all zen lineages and schools and an essential source of study for all zen practitioners here philippe coupey a contemporary practicing monk

for over 45 years reflects on each of the 73 verses of this famous text despite its ancient roots the shinjinmei is still dynamic today and coupey s commentaries are fresh and relevant to life in the 21st century his remarks are not based on scholarly studies as for some well known translators but on the understanding transmitted through a lineage of practice teaching and commenting on the shinjinmei by great teachers and masters of the traditions including coupey s own teacher taisen deshimaru who brought this practice to europe in 1967 zen today is often coopted by the dominant marketing paradigm with all types of products branded this way and loses its potency when it devolves into yet another form of relaxation not so here thanks to philippe coupey s frank style of speaking and writing like his teacher deshimaru before him coupey reflects a raw unreserved approach more in keeping with the ancient masters his commentaries are also more exhaustive and detailed than others published so far people who are tired of self development zen books might find real answers and questions here the underlying message of the shinjinmei is to avoid clinging to the extremes left and right good and bad love and hate the opening stanza reads entering the way is not difficult but you must not love or hate or choose or reject this clinging leads to the separation of one thing from another and is therefore the origin of many of the big problems in society today the first half of this book verses 1 31 originally published as volume one with the same title in the belly of the dragon were the result of eight years of teaching lectures kusen during which coupey made oral commentary on the text the remainder of the book verses 32 73 was created more recently as written essays the style of these presentations is less formal and more intimately represents the dynamic spirit of the author s practice the entire collected work vivifies the ancient zen text for modern students of the way and is a valuable resource for all those interested in eastern thought and religion

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