

Zen Wrapped In Karma Dipped Chocolate A Trip Through Death Sex Divorce And Spiritual Celebrity Search Of The True Dharma Brad Warner

Letters to a Dead Friend about ZenBankei ZenBig Mind, Big HeartThe New Social Face of BuddhismThe Complete Idiot's Guide to Zen LivingBuddhist ReligionsSex, Sin, and ZenConfession of a Buddhist AtheistThe Complete Idiot's Guide to Understanding BuddhismNo Beginning, No EndThe Issue at HandReturning to SilenceMastering the Core Teachings of the BuddhaGreat DoubtThe Sound of One Hand ClappingZen Wrapped in Karma Dipped in ChocolateThe Poetry of ZenFundamental Wisdom of the Middle WayA Treasury of Mahāyāna SūtrasThe Heritage of the BhikkhuMushotoku MindLong Strange JourneyThe Empty MirrorHardcore Zen Strikes AgainMinding MindA Zen ForestZen BuddhismSit Down and Shut UpTraining of the Zen Buddhist MonkThe 12-Step BuddhistZen and Zen ClassicsHardcore ZenThere Is a RiverA Heart to Heart Chat on Buddhism with Old Master GudoEmbracing MindInto the Jaws of Yama, Lord of DeathZen für DummiesNo-nonsense Buddhism for BeginnersBefore the Big Bang Makes a SoundThere Is No God and He Is Always with You

Letters to a Dead Friend about Zen

A fascinating look at Buddhist, especially Tibetan, views of death and their implications for a Buddhist bioethics.

Bankei Zen

Big Mind, Big Heart

The teachings of the groundbreaking Buddhist Zen Master: “Should remain for years to come the standard source book for the Western student of Zen” (Douglas Harding, *The Middle Way*). The eccentric Bankei (1622–1693) has long been an underground hero in the world of Zen. At a time when Zen was becoming overly formalized in Japan, he stressed its relevance to everyday life, insisting on the importance of naturalness and spontaneity. This volume presents his teachings—as refreshing and iconoclastic today as they were three hundred years ago—in a fluent translation by Peter Haskel, accompanied by a vivid account of Bankei’s life and times, illustrations, and extensive notes for the scholar. “Mr. Haskel has furnished us with an accurate and polished translation that fully captures the lively colloquial style of the original. The late Professor Hakeda has rendered invaluable assistance in resolving many linguistic problems and in furnishing important insights into the text itself.” —Philip Yampolsky “A splendid record of a dramatically different Zen

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master.” —Huston Smith “Bankei Zen has given us the essence of Bankei’s unique teaching . . . one which seems particularly appropriate to our time.” —Nancy Wilson Ross

The New Social Face of Buddhism

Based on the translation by Ilsa Fatt and the edition by Reiryu Philippe Coupey “Mushotoku mind” means an attitude of no profit, no gain. It is the core of master Taisen Deshimaru’s Zen. This respected teacher of Japanese Soto Zen moved from Japan in 1967 and brought this work to Paris, from where it was disseminated throughout the West. This book presents his commentary on the most renowned of Buddhist texts, the Heart Sutra, known in Japanese as Hannya Shingyo—a philosophical investigation on the futility of philosophical investigation. Deshimaru’s work fills a great gap in the interpretations of this seminal text in that he emphasizes “mind-emptiness” (ku) as the foundation of Zen practice, in contrast to the usual “mindfulness” focus of many other Zen approaches. This “emptiness” and “purpose of no purpose” is one of the most difficult ideas for Westerners to understand. Yet we know that our most cherished values are based on mushotoku mind when it comes, for example, to love. We value the unselfish love of family or country that is based not on what we can get from the relationship but on what we can give. We know, too, that these virtues are not accomplished directly through our will but indirectly through dropping our expectations. His lectures on this subject have been translated by Ilsa Fatt and edited by Reiryu Philippe Coupey of Deshimaru’s British and French groups; and here completely revised and reedited for an American audience by Reishin Richard Collins. This edition emphasizes Deshimaru’s chorus: Mushotoku mind is the key attitude characterizing the way of the Buddha, the way of the bodhisattva, the way of Zen and zazen, and the way of all sutras (teachings). Taisen Deshimaru (d. 1982) was the founder of the Association Zen Internationale, one of the largest influences on Zen in the West. He is author of: *The Ring of the Way* and *The Zen Way to Martial Arts: A Japanese Master Reveals the Secrets of the Samurai*. Richard Collins is a Zen teacher in the lineage of Taisen Deshimaru and Dean of Arts & Humanities at California State University, Bakersfield. A Book for Students of Zen Buddhism; Religion Scholars; Philosophy Students, and Readers of Taisen Deshimaru’s Books.

The Complete Idiot's Guide to Zen Living

BUDDHIST RELIGIONS: A HISTORICAL INTRODUCTION walks you through the rich history of Buddhism and reveals how it has grown and changed over time while remaining true to the central teachings of the Buddha. And with this edition, you'll get more focused attention on the five main aspects of Buddhism: ritual, devotionism, doctrine, meditation, and practice.

Buddhist Religions

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Can you be an atheist and still believe in God? Can you be a true believer and still doubt? Can Zen give us a way past our constant fighting about God? Brad Warner was initially interested in Buddhism because he wanted to find God, but Buddhism is usually thought of as godless. In the three decades since Warner began studying Zen, he has grappled with paradoxical questions about God and managed to come up with some answers. In this fascinating search for a way beyond the usual arguments between fundamentalists and skeptics, Warner offers a profoundly engaging and idiosyncratic take on the ineffable power of the “ground of all being.”

Sex, Sin, and Zen

A highly accessible overview of Zen philosophy includes a basic historical background, a thorough overview of the techniques of Zen practice, and explanations of key concepts and terminology. Reissue.

Confession of a Buddhist Atheist

How does a real-life Zen master — not the preternaturally calm, cartoonish Zen masters depicted by mainstream culture — help others through hard times when he’s dealing with pain of his own? How does he meditate when the world is crumbling around him? Is meditation a valid response or just another form of escapism? These are the questions Brad Warner ponders in *Zen Wrapped in Karma Dipped in Chocolate*. During a year that Warner spent giving talks and leading retreats across North America, his mother and grandmother died, he lost his dream job, and his marriage fell apart. In writing about how he applied the Buddha’s teachings to his own real-life suffering, Warner shatters expectations, revealing that Buddhism isn’t some esoteric pie-in-the-sky ultimate solution but an exceptionally practical way to deal with whatever life dishes out.

The Complete Idiot's Guide to Understanding Buddhism

Gudo Wafu Nishijima was a student of master Kudo Sawaki, an itinerant priest who sought to restore Zazen as the centerpiece of Buddhism. Ordained by the late Master Rempo Niwa, former head of the Soto Sect, Master Nishijima has written many books on Buddhism in both Japanese, and English.

No Beginning, No End

With his one-of-a kind blend of autobiography, pop culture, and plainspoken Buddhism, Brad Warner explores an A-to-Z of sexual topics — from masturbation to dating, gender identity to pornography. In addition to approaching sexuality from a Buddhist perspective, he looks at Buddhism — emptiness, compassion, karma — from a sexual vantage. Throughout, he

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stares down the tough questions: Can prostitution be a right livelihood? Can a good spiritual master also be really, really bad? And ultimately, what's love got to do with any of it? While no puritan when it comes to non-vanilla sexuality, Warner offers a conscious approach to sexual ethics and intimacy — real-world wisdom for our times.

The Issue at Hand

Essays on Buddhist Mindfulness Practice. An inspiring and very accessible compilation of essays and edited talks on the Buddhist practice of mindfulness. As Gil Fronsdal states, "the search for the issue at hand is the search for what is closest at hand, for what is directly seen, heard, smelt, tasted, felt, and cognized in the present." Gil brings the practice of mindfulness not only to formal meditation but to all the varying aspects of every day life.

Returning to Silence

The night Brad Warner learns that his childhood friend Marky has died, Warner is about to speak to a group of Zen students in Hamburg, Germany. It's the last thing he feels like doing. What he wants to do instead is tell his friend everything he never said, to explain Zen and what he does for a living and why he spends his time "Sitting. Sitting. Sitting. Meditating my life away as it all passes by. Lighting candles and incense. Bowing to nothing." So, as he continues his teaching tour through Europe, he writes to his friend all the things he wishes he had said. Simply and humorously, he reflects on why Zen provided him a lifeline in a difficult world. He explores grief, attachment, and the afterlife. He writes to Marky, "I'm not all that interested in Buddhism. I'm much more interested in what is true," and then proceeds to poke and prod at that truth. The result for readers is a singular and winning meditation on Zen — and a unique tribute to both a life lost and the one Warner has found.

Mastering the Core Teachings of the Buddha

When The Sound of One Hand Clapping came out in Japan in 1916 it caused a scandal. Zen was a secretive practice, its wisdom relayed from master to novice in strictest privacy. That a handbook existed recording not only the riddling koans that are central to Zen teaching but also detailing the answers to them seemed to mark Zen as rote, not revelatory. For all that, The Sound of One Hand Clapping opens the door to Zen like no other book. Including koans that go back to the master who first brought the koanteaching method from Japan to China in the eighteenth century, this book offers, in the words of the translator, editor, and Zen initiate Yoel Hoffmann, "the clearest, most detailed, and most correct picture of Zen" that can be found. What we have here is an extraordinary introduction to Zen thought as lived thought, a treasury of problems, paradoxes, and performance that will appeal to artists, writers, and philosophers as well as Buddhists and students of

religion.

Great Doubt

Zen, plain and simple, with no BS. This is not your typical Zen book. Brad Warner, a young punk who grew up to be a Zen master, spares no one. This bold new approach to the "Why?" of Zen Buddhism is as strongly grounded in the tradition of Zen as it is utterly revolutionary. Warner's voice is hilarious, and he calls on the wisdom of everyone from punk and pop culture icons to the Buddha himself to make sure his points come through loud and clear. As it prods readers to question everything, Hardcore Zen is both an approach and a departure, leaving behind the soft and lyrical for the gritty and stark perspective of a new generation. This new edition will feature an afterword from the author.

The Sound of One Hand Clapping

For years now, I have marveled at the energy in Carolynn Kingyens' poems. Been in awe of their immediacy. These two enviable traits are on full display in her collection, *Before the Big Bang Makes a Sound*. This book is unflinching and unabashedly honest. There is nothing false here. She holds her readers close and shows us all that is intimate and sacred. The details and emotions housed in these poems so uniquely belong to Carolynn, and because of their vividness and humanity, they also belong to anybody who is lucky enough to read this book. I highly recommend this seismic and stunning debut. -Corey D. Cook, author of *The Weight of Shadows* (Finishing Line Press) We can be happily married and love our kids and still feel the devastation of the heart. That, Carolynn Kingyens reminds us, is the human feeling. These restless lyric poems probe for the sacred among the diseases and anxieties and cats and broken bones and cracked bowls of Brooklyn. Kingyens tells everything. She leaves nothing out, and finds, over and over, gold. As, in her grandmother's bathroom, when she first touched a crucifix: "nailed to the floral pattern wall, / above the light switch- / Christ's eyes forever cast down, / staring at little jars of beauty cream, / and an old photo of her only son, / my father " This is a ferociously honest, compassionate book -John Wall Barger, author of *The Mean Game* Carolynn Kingyens' poetry addresses the passage from innocence to experience, the effects of time, already implicit in our beings-even before the big bang makes a sound: life a series of betrayals and losses. A sense of sin and salvation overhangs this, though these are not "religious" poems at all. As she writes in "The Attic," "It's years later" when she encounters a photograph of herself as a girl in "her pre-baby body," that unsullied person "who is unaware of all the kneeling to come." Often set in the chaos and tumult of New York City, these poems show us a woman navigating the rough seas that confront us all. -Charles Rammelkamp, author *Me and Sal Paradise* and *Mortal Coil*

Zen Wrapped in Karma Dipped in Chocolate

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A Zen poem is nothing other than an expression of the enlightened mind, a handful of simple words that disappear beneath the moment of insight to which it bears witness. Poetry has been an essential aid to Zen Buddhist practice from the dawn of Zen—and Zen has also had a profound influence on the secular poetry of the countries in which it has flourished. Here, two of America's most renowned poets and translators provide an overview of Zen poetry from China and Japan in all its rich variety, from the earliest days to the twentieth century. Included are works by Lao Tzu, Han Shan, Li Po, Dogen Kigen, Saigyō, Bashō, Chiao Jan, Yuan Mei, Ryokan, and many others. Hamill and Seaton provide illuminating introductions to the Chinese and Japanese sections that set the poets and their work in historical and philosophical context. Short biographies of the poets are also included.

The Poetry of Zen

Daisetz Teitaro Suzuki's *The Training of the Zen Buddhist Monk* invites you to step inside the mysterious world of the Zendo, where monks live their lives in simplicity. This is perhaps the best introduction to Zen and the life of the Zen monk. By means of a direct and succinct description of the training that a Zen Buddhist monk undergoes, Dr. Suzuki has given us the most precise picture possible of Zen in life. The forty-three illustrations give a unique value to the book. The artist, Zenchu Sato has depicted here the record of his own experiences in going through all the disciplinary measures pertaining to the life of Zen. As author, Dr. Suzuki said, "Zen ought to be studied not only in its theoretical aspects, as a unique product of the Oriental mind, but in its practical aspect as it is to be seen in the Zendo life. This is the chief motive for my writing this book."

Fundamental Wisdom of the Middle Way

A classic guide to the life of service and meditation practiced by Buddhist monks. Walpola Rahula's *What the Buddha Taught* is a perennial backlist bestseller and has proven to be an indispensable guide to beginning Buddhism. It is renowned for its authoritative, clear, logical, and comprehensive approach. *The Heritage of the Bhikkhu* is a vivid account of the Buddhist's monk's role as a servant to people's needs as a follower and teacher of the basic Buddhist principles. In this fascinating and informative volume, the author emphasizes Buddhism as a practical doctrine for daily living and spiritual perfection and not simply a monastic discipline. *The Heritage of the Bhikkhu* is a pioneering work that deserves to stand with the author's earlier masterpiece.

A Treasury of Mahāyāna Sūtras

In 2003, Brad Warner blew the top off the Buddhist book world with his irreverent autobiography/manifesto, *Hardcore Zen*:

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Punk Rock, Monster Movies, and the Truth about Reality. Now in his second book, *Sit Down and Shut Up*, Brad tackles one of the great works of Zen literature, the *Shobogenzo*, by thirteenth-century Zen master Dogen. Illuminating Dogen's enigmatic teachings in plain language, Brad intertwines musings on sex, meditation, death, God, sin, and happiness with an exploration of the punk rock ethos. In chapters such as "Evil Is Stupid," "Kill Your Anger," and "Enlightenment Is for Sissies," Brad melds the antiauthoritarianism of punk with that of Zen, mixing in a travelogue of his triumphant return to Ohio to play in a reunion concert of Akron punk bands. For those drawn to Buddhist teachings but scared off by their stiff austerity, Brad writes with a sharp smack of truth, in teachings and stories that cut to the heart of reality.

The Heritage of the Bhikkhu

An introduction to the teachings, concepts, schools, and practices of Buddhism explains the creation of the Buddhist universe, life of the Buddha, and enlightenment as a path to freedom from suffering.

Mushotoku Mind

The very idea that Buddhist teachings can be mastered will arouse controversy within Buddhist circles. Even so, Daniel Ingram insists that enlightenment is an attainable goal, once our fanciful notions of it are stripped away, and we have learned to use meditation as a method for examining reality rather than an opportunity to wallow in self-absorbed mind-noise. This book sets out concisely the difference between concentration-based (sometimes referred to as Zen) and insight (Vipassana) meditation. The author provides example practices and, most importantly, he presents detailed maps of the states of mind we are likely to encounter and the stages we must negotiate as we move through clearly defined cycles of insight.

Long Strange Journey

Does Buddhism require faith? Can an atheist or agnostic follow the Buddha's teachings without believing in reincarnation or organized religion? This is one man's confession. In his classic *Buddhism Without Beliefs*, Stephen Batchelor offered a profound, secular approach to the teachings of the Buddha that struck an emotional chord with Western readers. Now, with the same brilliance and boldness of thought, he paints a groundbreaking portrait of the historical Buddha—told from the author's unique perspective as a former Buddhist monk and modern seeker. Drawing from the original Pali Canon, the seminal collection of Buddhist discourses compiled after the Buddha's death by his followers, Batchelor shows us the Buddha as a flesh-and-blood man who looked at life in a radically new way. Batchelor also reveals the everyday challenges and doubts of his own devotional journey—from meeting the Dalai Lama in India, to training as a Zen monk in Korea, to

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finding his path as a lay teacher of Buddhism living in France. Both controversial and deeply personal, Stephen Batchelor's refreshingly doctrine-free, life-informed account is essential reading for anyone interested in Buddhism.

The Empty Mirror

The face of addiction and alcoholism is a face that many have seen before -- it may be a celebrity, a colleague, or even a family member. And though the 12-step program by itself can often bring initial success, many addicts find themselves relapsing back into old ways and old patterns, or replacing one addiction with another. Author Darren Littlejohn has been there and back, and presents a complimentary guide for recovery to the traditional twelve-step program, out of his own struggles and successes through the study of Zen and Tibetan Buddhism. Working with the traditional 12-Step philosophy, the author first shares his own life path, and how he came to find the spiritual solace that has greatly enhanced his life in recovery. Then, he details out how his work integrating Buddhism into the traditional twelve-step programs validates both aspects of the recovery process. While being careful not to present himself as a Tibetan lama or Zen master, the author shows how each step -- such as admitting there is a problem, seeking help, engaging in a thorough self-examination, making amends for harm done, and helping other drug addicts who want to recover -- fits into the Bodhisattva path. This integration makes Buddhism accessible for addicts, and the 12 Steps understandable for Buddhists who may otherwise be at a loss to help those in need. The 12-Step Buddhist is designed to be a complimentary practice to the traditional 12-step journey, not a replacement. While traditional twelve-step programs help addicts become sober by removing the drug of choice and providing a spiritual path, they rarely delve deep into what causes people to suffer in the first place. The integration of Buddhism with the traditional process provides the wisdom and meditations that can help addicts truly find a deep, spiritual liberation from all causes and conditions of suffering -- for good.

Hardcore Zen Strikes Again

Explains what Zen is and how it came to America, how to practice Zen and incorporate it into daily living, and the Zen approach to the world.

Minding Mind

Was bringt Menschen dazu, stundenlang regungslos auf einem Kissen zu sitzen? Die Faszination des Zen-Buddhismus ist groß, da nimmt so mancher Beschwerden auf sich bei der Suche nach Erkenntnis. Inken Prohl hat das Unausprechliche des Zen in leicht verständliche Worte gefasst. Sie zeigt, warum das angebliche "Nichts" des Zen - keine Lehre und keine Antworten - gerade für westliche Sinnsuchende so attraktiv ist, was es mit der besonderen Beziehung zwischen Schüler und

Meister auf sich hat und wie die vollkommene innere Befreiung erreicht werden kann.

A Zen Forest

Presented in a practical Q&A format, No-Nonsense Buddhism for Beginners is the most clear-cut introductory guide to understanding the essential concepts of Buddhism and how they relate to your daily life. How is an awakening different from enlightenment? Can agnostics and atheists be Buddhist? Am I supposed to stop thinking when I meditate? In No-Nonsense Buddhism for Beginners, renowned Buddhism teacher and host of the popular Secular Buddhism podcast, Noah Rasheta, delivers an easily accessible introduction to the teachings of Buddhism that answers these common questions and many more. With No-Nonsense Buddhism for Beginners you'll gain a fundamental understanding of Buddhism and how to apply the philosophies in your everyday life, through: A simple 4-part structure addressing the different aspects of Buddhism--the Buddha, key Buddhist concepts, the Buddha's teachings, and current Buddhist practices Straightforward Q&A's that simplify the vital concepts of Buddhism into easy-to-understand ideas "Everyday Buddhism" Sidebars that make Buddhism less abstract by offering down-to-earth examples from everyday life Presented in a simple, conversational style, the information and guidance in No-Nonsense Buddhism for Beginners provides the groundwork that is necessary for building or continuing your own Buddhist practice.

Zen Buddhism

A new edition of the landmark, worldwide bestseller on the life of the famed medical clairvoyant and founding father of the New Age: Edgar Cayce. Edgar Cayce (1877-1945) is known to millions today as the grandfather of the New Age. A medical clairvoyant, psychic, and Christian mystic, Cayce provided medical, psychological, and spiritual advice to thousands of people who swore by the effectiveness of his trance-based readings. But Cayce was not always a household name. When a young, skeptical journalist named Thomas Sugrue first met Cayce in 1927 the world had not yet heard of the "sleeping prophet." During years of unique access, Sugrue completed his landmark biography, which on its publication in 1942 brought national attention to Cayce and stands as the sole record written during the seer's lifetime. This edition includes a new introduction by historian Mitch Horowitz that highlights the enduring significance of Cayce's message and the role this book played in its dissemination.

Sit Down and Shut Up

In No Beginning, No End, Zen master Jakusho Kwong-roshi shows us how to treasure the ordinary activities of our daily lives through an understanding of simple Buddhist practices and ideas. The author's spontaneous, poetic, and pragmatic

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teachings—so reminiscent of his spiritual predecessor Shunryu Suzuki (Zen Mind, Beginner's Mind)—transport us on an exciting journey into the very heart of Zen and its meaningful traditions. Because Kwong-roshi can transmit the most intimate thing in the most accessible way, we learn how to ignite our own vitality, wisdom, and compassion and awaken a feeling of intimacy with the world. It is like having a conversation with our deepest and wisest self. Jakusho Kwong-roshi was originally inspired to study Zen because of zenga, the ancient art of Zen calligraphy. Throughout this book he combines examples of his own unique style of calligraphy, with less-known stories from the Zen tradition, personal anecdotes—including moving and humorous stories of his training with Suzuki-roshi—and his own lucid and inspiring teachings. All of this comes together to create an intimate expression of the enlightening world of Zen.

Training of the Zen Buddhist Monk

Some types of meditation are aimed at promoting a sense of confidence and well-being in everyday life, while other types focus on producing altered states of consciousness, transcending the world, or developing skills for serving other people. The instructions in this book focus on the highest type of all, "pure, clear meditation": a state of true objectivity that enables the practitioner to use all the other types of meditation freely and consciously, without becoming fixated or obsessed. Minding Mind is based on traditional texts by renowned teachers from various Buddhist schools of China, Japan, and Korea.

The 12-Step Buddhist

This book presents a highly original and accessible pathway to self-discovery and personal liberation. Since 1999 the Big Mind process has been experienced by many thousands of people in seminars across America. Big Mind employs a Jungian voice dialogue technique that enables people to step out of limited self-concepts into awareness of their many different sub-selves (emotions/mental states). In addition to exploration of the more familiar sub-voices like anger and fear, author Zen Master Dennis Genpo Merzel uses this technique to help people access the ever-present Big Mind/Big Heart awareness - the clear, just being awareness and the unconditional compassion that we all can experience. The Big Mind process is now available in book form to bring readers of all backgrounds many benefits including: access to our innate wisdom, compassion and equanimity; openness of mind and ability to shift perspectives; greater presence and empowerment; and appreciation for the wisdom within all of our many sub-selves even ones we tend to dislike or disown, like fear and anger.

Zen and Zen Classics

This new translation and commentary of ancient Buddhist text by a best-selling author and teacher transcends idealism and materialism.

Hardcore Zen

Seen by many as a contemporary classic, Janwillem van de Wetering's small and admirable memoir records the experiences of a young Dutch student—later a widely celebrated mystery writer—who spent a year and a half as a novice monk in a Japanese Zen Buddhist monastery. As Chogyam Trungpa Rinpoche, author of Cutting Through Spiritual Materialism, has written, The Empty Mirror "should be very encouraging for other Western seekers." It is the first book in a trilogy that continues with A Glimpse of Nothingness and Afterzen.

There Is a River

Kobun Chino Otogawa was a key figure in the transmission and development of American Zen. If there is a single quality that defines his teaching, it is this - the Buddha has no body but ours. Again and again, he turned his students away from a conceptual view of zen and his clearest instruction to us is to look for Buddha within our hearts. While enlightenment is the simple nature of all things, the place we hear its voice most intimately, the only language we can understand, emanates from deep within ourselves. In these talks, Kobun talks about everyday life and intensive practice, or sesshin "What 'sesshin' means is 'embracing mind.' Whoever is sitting, that person's mind embraces the whole situation, centered in that person. So you have full responsibility and full understanding, by yourself, of what sesshin means to you. The teaching is within you, which includes how you live, how you think, where you came from"

A Heart to Heart Chat on Buddhism with Old Master Gudo

Pithy phrases handed down through a distinguished line of Chinese and Japanese Zen masters.

Embracing Mind

Long Strange Journey presents the first critical analysis of visual objects and discourses that animate Zen art modernism and its legacies, with particular emphasis on the postwar "Zen boom." Since the late nineteenth century, Zen and Zen art have emerged as globally familiar terms associated with a spectrum of practices, beliefs, works of visual art, aesthetic concepts, commercial products, and modes of self-fashioning. They have also been at the center of fiery public disputes that have erupted along national, denominational, racial-ethnic, class, and intellectual lines. Neither stable nor strictly a matter of euphoric religious or intercultural exchange, Zen and Zen art are best approached as productive predicaments in the study of religion, spirituality, art, and consumer culture, especially within the frame of Buddhist modernism. Long Strange Journey's modern-contemporary emphasis sets it off from most writing on Zen art, which focuses on masterworks

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by premodern Chinese and Japanese artists, gushes over “timeless” visual qualities as indicative of metaphysical states, or promotes with ahistorical, trend-spotting flair Zen art’s design appeal and therapeutic values. In contrast, the present work plots a methodological through line distinguished by “discourse analysis,” moving from the first contacts between Europe and Japanese Zen in the sixteenth century to late nineteenth–early twentieth-century transnational exchanges driven by Japanese Buddhists and intellectuals and the formation of a Zen art canon; to postwar Zen transformations of practice and avant-garde expressions; to popular embodiments of our “Zenny zeitgeist,” such as Zen cartoons. The book presents an alternative history of modern-contemporary Zen and Zen art that emphasizes their unruly and polythetic-prototypical natures, taking into consideration serious religious practice and spiritual and creative discovery as well as conflicts over Zen’s value amid the convolutions of global modernity, squabbles over authenticity, resistance against the notion of “Zen influence,” and competing claims to speak for Zen art made by monastics, lay advocates, artists, and others.

Into the Jaws of Yama, Lord of Death

"Learn to face and overcome the pitfalls of Zen practice--self-indulgence, suppression, speculation, asceticism--with this first complete translation of a Zen classic. "In Zen practice, the essential point is to arouse doubt. What is this doubt? When you are born, for example, where do you come from? You cannot help but remain in doubt about this. When you die, where do you go? Again, you cannot help but remain in doubt. Since you cannot pierce this barrier of life and death, suddenly doubt will coalesce right before your eyes. Try to put it down, you cannot; try to push it away, you cannot. Eventually you will break through this doubt block and realize what a worthless notion life and death is -- ha! As the old worthies said: 'Great doubt, great awakening; small doubt, small awakening; no doubt, no awakening.'"--Boshan. There are many ways in which we may delude ourselves in practice. Doubt, Boshan argues, can be a powerful tool that rouses us from the complacency that comes with intellectual musing, ascetic striving, emotional suppression and quiet meditation. Great Doubt presents for the first time complete translations of Boshan's key works on working with doubt: "Exhortations for Those Who Don't Arouse Doubt" and "Exhortations for Those Who Do Arouse Doubt." This little book contains the most powerful medicine for the diseases that plague spiritual practice."--

Zen für Dummies

Author Brad Warner (Hardcore Zen, Sit Down and Shut Up, Zen Wrapped in Karma Dipped in Chocolate, and Sex, Sin, and Zen) revisits seventeen of his earlier essays on topics ranging from vegetarianism to punk rock, working for Japanese monster movie makers, and the art of Zen writing, complete with all-new analyses, introduction and afterword.

No-nonsense Buddhism for Beginners

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For twenty-five hundred years Buddhism has taught that everyone is Buddha—already enlightened, lacking nothing. But still there is the question of how we can experience that truth in our lives. In this book, Dainin Katagiri points to the manifestation of enlightenment right here, right now, in our everyday routine. Genuineness of practice lies in "just living" our lives wholeheartedly. The Zen practice of sitting meditation (zazen) is this not a means to an end but is the activity of enlightenment itself. That is why Katagiri Roshi says, "Don't expect enlightenment—just sit down!" Based on the author's talks to his American students, *Returning to Silence* contains the basic teachings of the Buddha, with special emphasis on the meaning of faith and on meditation. It also offers a commentary on "The Bodhisattva's Four Methods of Guidance" from Dogen Zenji's *Shobogenzo*, which speaks in depth about the appropriate actions of those who guide others in the practice of the Buddha Way. Throughout these pages, Katagiri Roshi energetically brings to life the message that "Buddha is your daily life."

Before the Big Bang Makes a Sound

The Maharatnakuta Sutra is one of the five major sutra groups in the Mahayana canon. Of the two great schools of Buddhism, Mahayana has the greatest number of adherents worldwide—it prevails among the Chinese, Japanese, Koreans, Tibetans, and Vietnamese—and contains within it a number of movements, notably Zen which have been of growing interest in the West in recent decades. Yet despite this increased attention and enormous following, translations of Mahayana scriptures have been scarce and fragmentary; clearly, a comprehensive translation of a major work within the canon was called for.

There Is No God and He Is Always with You

For Jones the establishment of a definitive relationship between individual and society is central to the development of both engaged Buddhism and sociology. Here he tells readers how to bridge their spiritual practice to social action.

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