

Buddhist Yoga Stiltij

Zen Masters of China presents more than 300 traditional Zen stories and koans, far more than any other collection. Retelling them in their proper place in Zen's historical journey through Buddhist Chinese culture, it also tells a larger story: how, in taking the first step east from India to China, Buddhism began to be Zen. The stories of Zen are unlike any other writing, religious or otherwise. Used for centuries by Zen teachers as aids to bring about or deepen the experience of awakening, they have a freshness that goes beyond religious practice and a mystery and authenticity that appeal to a wide range of readers. Placed in chronological order, these stories tell the story of Zen itself, how it traveled from West to East with each Zen master to the next, but also how it was transformed in that journey, from an Indian practice to something different in Chinese Buddhism (Ch'an) and then more different still in Japan (Zen). The fact that its transmission was so human, from teacher to student in a long chain from West to East, meant that the cultures it passed through inevitably changed it. Zen Masters of China is first and foremost a collection of mind-bending Zen stories and their wisdom. More than that, without academic pretensions or baggage, it recounts the genealogy of Zen Buddhism in China and, through koan and story, illuminates how Zen became what it is today.

The Linji lu (Record of Linji) has been an essential text of Chinese and Japanese Zen Buddhism for nearly a thousand years. A compilation of sermons, statements, and acts attributed to the great Chinese Zen master Linji Yixuan (d. 866), it serves as both an authoritative statement of Zen's basic stand-point and a central source of material for Zen koan practice. One of the earliest attempts to translate this important work into English was by Sasaki Shigetsu (1882-1945), a pioneer Zen master in the U.S. and the founder of the First Zen Institute of America. At the time of his death, he entrusted the project to his wife, Ruth Fuller Sasaki. Determined to produce a definitive translation, Mrs. Sasaki assembled a team of talented young scholars, both Japanese and Western, who in the following years retranslated the text in accordance with modern research on Tang-dynasty colloquial Chinese. The materials assembled by Mrs. Sasaki and her team are finally available in the present edition of the Record of Linji. The notes, nearly six hundred in all, are almost entirely based on primary sources and thus retain their value despite the nearly forty years since their preparation.

This is an inspiring guide to the practice of Chan (Chinese Zen) in the words of four great masters of that tradition. It includes teachings from contemporary masters Xuyun and Sheng Yen, and from Jiexian and Boshan of the Ming Dynasty (1368 – 1644). Though the texts were written over a period of hundreds of years, they are all remarkably lucid and are perfect for beginners as well as more advanced practitioners today. All the main points of spiritual practice are covered: philosophical foundations, methods, approaches to problems and obstacles—all aimed at helping the student attain the way to enlightenment.

The writings of the twelfth-century Chinese Zen master Ta Hui are as immediately accessible as those of any contemporary teacher, and this book, which introduced them to the English-speaking world in the 1970s, has become a modern classic—a regular feature of recommended reading lists for Zen centers across America, even though the book has become difficult to find. We are happy to make the book available again after more than a decade of scarcity. J. C. Cleary's translation is as noteworthy for its elegant simplicity as for its accuracy. He has culled from the voluminous writings of Ta Hui Tsung Kao in the Chi Yeuh Lu this selection of letters, sermons, and lectures, some running no longer than a page, which cover a variety of subjects ranging from concern over the illness of a friend's son to the tending of an ox. Ta Hui addresses his remarks mainly to people in lay life and not to his fellow monks. Thus the emphasis throughout is on ways in which those immersed in worldly occupations can nevertheless learn Zen and achieve the liberation promised by the Buddha. These texts, available in English only in this translation, come as a revelation for their lucid thinking and startling wisdom. The translator's essay on Chan (Chinese Zen) Buddhism and his short biography of Ta Hui place the texts in their proper historical perspective.

Rebuilding the North Shaolin Monastery

I Ching Wisdom Volume Two

His Life and Essential Sayings

Rethinking the Dharma for a Secular Age

Swampland Flowers

The Historical Buddha

The Mahayana Uttaratantra Shastra with Commentary

The Undying Lamp of Zen is a pure and powerful distillation of Zen doctrine and practice written by Torei Enji (1721–1792), a Zen master and artist. Torei was best known as one of two "genius assistants" to Hakuin Ekaku, a towering figure in Zen Buddhism who revitalized the Rinzai school, which focuses on koan practice. Torei was responsible for much of the advanced work of Hakuin's later disciples and also helped systemize Hakuin's Zen teachings. The Undying Lamp of Zen includes a range of principles and practices, from the most elementary to the most advanced. It is an indispensable aid to the practice of Rinzai Zen, while also providing tested traditional techniques for public access to Zen experience. Premier translator Thomas Cleary provides a thorough introduction and illuminating footnotes throughout, and his masterful translation lets Torei's distinctive voice shine through; Torei is energetic, no-nonsense, and full of personality. No other English translations of this classic are available and Zen aficionados will want to add this to their collection.

Nach der buddhistischen Lehre haben alle Lebewesen das gleiche Anrecht auf Freiheit, Glück und Liebe. Dies gilt absolut unabhängig von der Hautfarbe, dem Geschlecht oder der Art eines Lebewesens. Ein wesentlicher Aspekt der buddhistischen Meditationspraxis zielt daher darauf ab, ein stabiles Bewusstsein dieser Gleichberechtigung zu etablieren und einen wohlwollenden Geist für alle Lebewesen zu entfalten. Die Geistesschulung in dieser bedingungslosen Liebe sollte einhergehen mit ethischen Reflexionen und einem grundlegenden moralischen Verhalten. Der Buddha hat daher in Lehrreden verschiedener Quellen eindeutige Aussagen dazu gemacht und gefordert, dass ernsthaft praktizierende Anhänger gegenüber Tieren gewaltlos und hilfsbereit sind. Das impliziert, dass eine vegetarische oder vegane Lebensweise angemessen ist. Insbesondere in der gegenwärtigen Entwicklung, in der die massenhafte Produktion von Fleisch ein unvorstellbares Ausmaß an Leiden schafft, sind diese Worte des Buddha von

Bedeutung. Leider gibt es über die Frage, ob der Buddha das Essen von Fleisch verboten hat, viele Missverständnisse. Vielfach besteht auch die Vorstellung, der Buddha hätte diesen Punkt nicht abschließend bestimmt. Dieses Essay soll zeigen, dass es eine eindeutige und unmissverständliche Position des Buddha zu dem Thema Fleisessen gibt. Dabei werden zahlreiche Zitate aus mehreren Lehrreden als authentische Quelle herangezogen. Tibetan Buddhist master Khenpo Tsültrim Gyamtso is known for his joyful songs of realization and his spontaneous and skillful teaching style. In this book he explains how to gain clarity, peace, and wisdom through step-by-step analysis and meditation on the true nature of reality. He also introduces readers to the joy and profundity of yogic song, and reveals the power of aspiration prayers to inspire, transform, and brighten our hearts. To learn more about the author, visit his website at www.ktgrinpoche.org.

North Shaolin Monastery History, Culture and Reincarnation

After Buddhism

The Testament of Zen Master Torei

Cultivating the Empty Field

The Record of Linji

Buddhism in North-East India

The Collected Teachings of Zen Master Bassui

A Guide to the Practice of Chan Buddhism

Some twenty-five centuries after the Buddha started teaching, his message continues to inspire people across the globe, including those living in predominantly secular societies. What does it mean to adapt religious practices to secular contexts? Stephen Batchelor, an internationally known author and teacher, is committed to a secularized version of the Buddha's teachings. The time has come, he feels, to articulate a coherent ethical, contemplative, and philosophical vision of Buddhism for our age. After Buddhism, the culmination of four decades of study and practice in the Tibetan, Zen, and Theravada traditions, is his attempt to set the record straight about who the Buddha was and what he was trying to teach. Combining critical readings of the earliest canonical texts with narrative accounts of five members of the Buddha's inner circle, Batchelor depicts the Buddha as a pragmatic ethicist rather than a dogmatic metaphysician. He envisions Buddhism as a constantly evolving culture of awakening whose long survival is due to its capacity to reinvent itself and interact creatively with each society it encounters. This original and provocative book presents a new framework for understanding the remarkable spread of Buddhism in today's globalized world. It also reminds us of what was so startling about the Buddha's vision of human flourishing. Renowned scholar Burton Watson's translation exactingly depicts the life and teachings of the great ninth-century Chinese Zen master Lin-chi, one of the most highly regarded of the T'ang period masters.

Presents nearly seven hundred A-to-Z entries relating to Buddhism, including theological concepts, important figures, historical events, institutions, and movements; and includes entries on other religious practices such as Daoism and Confucianism.

"Encyclopedia of World Religions" explores the major religions of the world, emphasizing the living faiths and their background. Each illustrated volume provides access to the theological concepts, personalities, historical events, institutions, and movements that helped shape the history of each religion and the way it is practiced.

The Life & Works of Ruth Fuller Sasaki

Temple in My Heart

SHAOLIN

Mud and Water

A Religion

The Silent Illumination of Zen Master Hongzhi

The Ascended Masters Light the Way

An essential collection of Stephen Batchelor's most probing and important work on secular Buddhism As the practice of mindfulness permeates mainstream Western culture, more and more people are engaging in a traditional form of Buddhist meditation. However, many of these people have little interest in the religious aspects of Buddhism, and the practice occurs within secular contexts such as hospitals, schools, and the workplace. Is it possible to recover from the Buddhist teachings a vision of human flourishing that is secular rather than religious without compromising the integrity of the tradition? Is there an ethical framework that can underpin and contextualize these practices in a rapidly changing world? In this collected volume of Stephen Batchelor's writings on these themes, the author explores the complex implications of Buddhism's secularization. Ranging widely--from reincarnation, religious belief, and agnosticism to the role of the arts in Buddhist practice--he offers a detailed picture of contemporary Buddhism and its attempt to find a voice in the modern world.

A concise guide to the key practice systems of the East Asian Meditational schools Ch'an, Son, and Zen.

A portrait of the twentieth-century American woman who has been credited with bringing Zen Buddhism to the western world discusses her relationships with such individuals as Burton Watson, Gary Snyder, and Alan Watts; studies under master Nanshinken; and contributions to the development of the First Zen Institute in New York City.

Contributed seminar articles.

More Guidance from the Book of Answers

Teachings of Yuanwu

The American Specialist

Ein Essay über Gewaltlosigkeit gegenüber Tieren anhand der Lehrreden des Buddha

A Guide to the Bodhisattava's Way of Life

Encyclopedia of Buddhism

The Zen Teachings of Master Lin-chi

Originally published in Kyoto in 1966 by the First Zen Institute of America in Japan, and by Harcourt, Brace & World in New York in 1967, "Zen Dust: The History of the Koan and Koan Study in Rinzai (Linji) Zen" quickly established itself as the only major resource into Zen koan study available in any Western language. Long since out of print, this Quirin Pinyin Updated Editions (QPUE) Revised Edition offers the full original text with the following features: Older Wade-Giles transliteration fully updated and revised to the current Pinyin standard. Fully re-typeset and proofed for typographical errors and inconsistencies. A fully searchable E-book edition of this title will be made available in PDF format. Not to be confused with the earlier title by the same authors on the Zen koan, which is a much shorter preliminary version of the present volume, Zen Dust: The History of the Koan and Koan Study in Rinzai (Linji) Zen is divided into five main sections: Part One is an extensive essay by Ruth Fuller Sasaki on the history of the koan in Chinese and Japanese Rinzai Zen and how it developed into a unique technique to aid the monk in quest of enlightenment. Part Two is a translation of a series of lectures on koan study given by the Zen master Issh Miura R shi Part Three offers a selection of Zen phrases or capping phrases that were used as commentary and annotations to the often enigmatic koans. The notes to the first two sections of Zen Dust offer a veritable treasure trove of background information on the monks and masters that forged the koan-study

tradition of Rinzai Zen in China and Japan. This is followed by an extensively descriptive bibliography that teases out the vast literature of Zen in particular and Buddhism in general by giving considerable background material not only on the content of the works but also the context in which they came to be put together. Along with the appendices, which include genealogical charts of Zen lines, and the extensive index, it is these last sections (totaling nearly 400 pages) that make Zen Dust an invaluable companion not only for students and Zen adepts seeking to delve in the unique spiritual training that koan study entails, but also for scholars and researchers of Zen Buddhism. Keywords: Koan. Zen Buddhism. Rinzai Size: Paperback xx + 531 pages 6 x 9 in. / 234 x 156 mm. 1.8 lb / 816 gm For details and updates, including occasional extracts and special offers, visit our website quirinpress.com and follow us Twitter @QuirinPress"

This study of Tsung-mi is part of the Studies in East Asian Buddhism series. Author Peter Gregory makes extensive use of Japanese secondary sources, which complements his work on the complex Chinese materials that form the basis of the study.

The Buddha's definitive teachings on how we should understand the ground of enlightenment and the nature and qualities of buddhahood. All sentient beings, without exception, have buddha nature—the inherent purity and perfection of the mind, untouched by changing mental states. Thus there is neither any reason for conceit nor self-contempt. This is obscured by veils that are removable and do not touch the inherent purity and perfection of the nature of the mind. The Mahayana Uttaratantra Shastra, one of the “Five Treatises” said to have been dictated to Asanga by the Bodhisattva Maitreya, presents the Buddha’s definitive teachings on how we should understand this ground of enlightenment and clarifies the nature and qualities of buddhahood. This seminal text details with great clarity the view that forms the basis for Vajrayana, and especially Mahamudra, practice.

This is the inside story of the vast history and culture of North Shaolin sub-temple of the headquarter Songshan Shaolin monastery. North Shaolin Monastery's location at a critical mountain pass inland from the large Bohai Sea (??) bay thrust it into the role of a defender of China again and again during its long and illustrious history. Located on Pan Mountain (Panshan) in Jixian County 95 kilometers east of Beijing and 105 kilometers north of Tianjin the North Shaolin occupies a central role in a largely untold story. This book focuses on the little-known histories, traditions, cultures, rules, skills and disciplines of Chan (Zen) Buddhism which represent the foundation upon which all Shaolin monasteries and Shaolin styles of Kung Fu are based.

Guru Yoga

The Spirit of Zen

Stars of Wisdom

Buddhismus und Tiere

The Parables of Our Lord

Zen Pioneer

Its History and Use in Rinzai Zen

No man has had a greater influence on the spiritual development of his people than Siddhartha Gautama. Born in India 6th century BC into a nation hungry for spiritual experience, he developed a religious and moral teaching that, to this day, brings comfort and peace to all who practise it. This comprehensive biography examines the social, religious and political conditions that gave rise to Buddhism as we now know it.

The fourteenth-century Zen master Bassui was recognized as one of the most important Zen teachers of his time. A eloquent, these teachings cut to the heart of the great matter of Zen, pointing directly to the importance of seeing nature and recognizing it as Buddhahood itself. Bassui is taking familiar concepts in Buddhism and recasting them in an essential Zen light. Though he lived centuries ago in a culture vastly different from our own, Zen Master Bassui speaks in a voice that spans time and space to address our own modern challenges - in our lives and spiritual practice. Like the Master Dogen several generations before him, Bassui was dissatisfied with what passed for Zen training, and taught a reenergized form of Zen, emphasizing deep and direct penetration into one's own true nature. And also like Dogen, Bassui used powerful and often poetic language to take familiar Buddhist concepts recast them in a radically non-dual Zen light, making ancient doctrines vividly relevant. This edition of Mud and Water contains several teachings never before translated. Letters written by the great Chinese master Yuanwu present the teachings of Zen in accessible, person-to-person letters that reveal the inner workings of the psychology of enlightenment

An engaging introduction to Zen Buddhism, featuring a new English translation of one of the earliest Zen texts Lead by scholar Sam van Schaik explores the history and essence of Zen, based on a new translation of one of the earliest surviving collections of teachings by Zen masters. These teachings, titled The Masters and Students of the Lanka, were discovered in a sealed cave on the old Silk Road, in modern Gansu, China, in the early twentieth century. All more than a thousand years old, these manuscripts have sometimes been called the Buddhist Dead Sea Scrolls, and their translation has opened a new window into the history of Buddhism. Both accessible and illuminating, this book explores the continuities between the ways in which Zen was practiced in ancient times, and how it is practiced today in East Asian countries such as Japan, China, Korea, and Vietnam, as well as in the emerging Western Zen tradition.

With the Buner Field Force

Buddha Nature

The First Step East

Analytical Meditation, Songs of Yogic Joy, and Prayers of Aspiration

A Man of Zen

2010 to 2020

The Zen Koan

"Parables of a Province" by Gilbert Parker. Published by Good Press. Good Press publishes a wide range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgotten-or yet undiscovered gems-of world literature, we

issue the books that need to be read. Each Good Press edition has been meticulously edited and formatted to boost readability for all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to everyone in a high-quality digital format.

Shantideva's Bodhisattvacharyavatara (A Guide to the Bodhisattva's Way of Life) holds a unique place in Mahayana Buddhism akin to that of the Dhammapada in Hinayana Buddhism and the Bhagavadgita in Hinduism. In combining those rare qualities of scholastic precision, spiritual depth and poetical beauty, its appeal extends to a wide audience of Buddhists and non-Buddhists alike. Composed in India during the 8th century of the Christian era, it has since been an inspiration to millions of people throughout the world. This present translation by Stephen Batchelor is based upon a 12th century Tibetan commentary as orally explained by Ven. Geshe Ngawang Dhargyey. The ninth chapter on wisdom has been expanded for this edition with relevant commentarial passages.

A modern Zen classic--reissued with new material: An introduction to the great tenth-century Chinese master, with translations of his key works. Yunmen Wenyan (c. 864–949) was a master of the Chinese Zen (Chan) tradition and one of the most influential teachers in its history, showing up in many famous koans—in one of which he's credited with the famous line, "Every day is a good day." His teachings are said to permeate heaven and earth, to address immediately and totally the state and conditions of his audience, and to cut off even the slightest trace of duality. In this classic study of Master Yunmen, historian and Buddhist scholar Urs App clearly elucidates the encompassing and penetrating nature of Yunmen's teachings, provides pioneering translations of his numerous talks and dialogues, and includes a brief history of Chinese Zen, a biography of the master, and a wealth of resource materials.

Why is the practice guru yoga (union with the nature of the guru) so important? Because with the help of the outer teacher, the inner teacher (the true nature of our own mind) is discovered. This particular guru yoga is called "The Wish-fulfilling Jewel," and it is the outer practice of the guru from the Longchen Nyingtik revelation of Rigdzin Jigme Lingpa. It was during a summer retreat in France in 1984 that Dilgo Khyentse Rinpoche gave teachings on this text. This is a new commentary and not a re-edit of teachings in the book The Wish-fulfilling Jewel.

Secular Buddhism

The Sutra of Perfect Enlightenment

The Times, Life, and Teachings of the Founder of Buddhism

The Recorded Sayings of Layman P'ang

Zen

Korean Buddhism's Guide to Meditation (with Commentary by the Son Monk Kihwa)

This sequel to the popular I Ching Wisdom Volume One contains more of Wu Wei's profound sayings drawn from the I Ching's deepest wisdom. Wu Wei has added his enlightened comments to these sayings to help us apply the practical, timeless wisdom of the I Ching to our lives. The wisdom of the I Ching reveals the universal laws that govern us all, and I Ching Wisdom shows us how to live in harmony with those laws to live a life of peace, love, happiness, prosperity, and success. The I Ching's invaluable insights, says Wu Wei, help us steer a safer, clearer course through the uncharted journey of our lives, teach us to recognize and avoid the pitfalls that beset the path of the unenlightened, and show us how to "soar to the heights of success and good fortune." Each saying is accompanied by a delightful Chinese ink drawing done in the Zen style by the author. This book is dedicated to the saints and spiritual masters of all the religions and spiritual paths that have graced this planet. The lives and teachings of thirty-nine of the world's greatest spiritual beacons provide a blueprint for total self-realization. Inspiring guidance from those who have learned the secrets of mastery in their lifetimes. Detailed Report of an Archaeological Tour - With the Buner Field Force is an unchanged, high-quality reprint of the original edition of 1898. Hansebooks is editor of the literature on different topic areas such as research and science, travel and expeditions, cooking and nutrition, medicine, and other genres. As a publisher we focus on the preservation of historical literature. Many works of historical writers and scientists are available today as antiques only. Hansebooks newly publishes these books and contributes to the preservation of literature which has become rare and historical knowledge for the future.

The first scholarly examination in any language of the historical development and traditional method of koan study in Zen Buddhism. Foreword by Ruth Fuller Sasaki; Index; ink drawings by Hakuin Ekaku. A Helen and Kurt Wolff Book.

The Teaching of Vimalakirti
Detailed Report of an Archaeological Tour
A Translation of the Lin-chi Lu
Sri Ramakrishna, the Great Master
The Undying Lamp of Zen
Zen Dust
History, Culture and Reincarnation

This text is a collection of anecdotes, dialogues, and poems by or about the 8th-century Zen adept P'ang Yun.

This book is a collection of a series of articles first published in Kung Fu Tai Chi Magazine 2010 to 2020 that follows the 10-year reconstruction process of the venerable North Shaolin Monastery on Pan Mountain ("Panshan") near Po Hai Bay connecting the Yellow and East Seas. This monastery is not to be confused with the headquarter Songshan Shaolin in Henan closer to central China.

The North Shaolin Monastery joined the Shaolin family at the beginning of the Yuan Dynasty under the direction of Xueting Fayan (1203-1275) an abbot of the Shaolin Monastery of the Caodong lineage. Antecedent histories prior to its destruction in 1942 are detailed.

The philosophies and daily practices of the monks living nearby and at the construction site, memories and legends shared by the monks on Panshan, as well as some possible futures are presented in clear detail. This book also contains many large photos that help bring to life this 10-year reincarnation process and unique history and character of the mountain in vivid color. This book concludes with an Epilogue that illuminates remarkable similarities between the great religions and philosophies of the world and emphasizes that there has never in history been a greater need for peace and cooperation than at this present time.

Cultivating the Empty Field is a modern translation of the core of Chinese Ch'an master Hongzhi's Extensive Record. First to articulate the meditation method known to contemporary Zen practitioners as shikantaza ("just sitting") Chinese Zen master Hongzhi is one of the most influential poets in all of Zen literature. This translation of Hongzhi's poetry, the only such volume available in English, treats readers to his profound wisdom and beautiful literary gift. In addition to dozens of Hongzhi's religious poems, Daniel Leighton offers an extended introduction, placing the master's work in its historical context, as well as lineage charts and information about the Chinese influence on Japanese Soto Zen. Both spiritual literature and meditation instruction, Cultivating the Empty Field is sure to inspire and delight.

Parables of a Province
According to the Preliminary Practice of Longchen Nyingtik
Imagining the Dharma in an Uncertain World
Zen Letters
The Letters and Lectures of Zen Master Ta Hui
Zen Master Yunmen
Attaining the Way

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