

The Lankavatara Sutra Translation And Commentary

Having translated The Diamond Sutra and The Heart Sutra, and following with The Platform Sutra, Red Pine now turns his attention to perhaps the greatest Sutra of all. The Lankavatara Sutra is the holy grail of Zen. Zen's first patriarch, Bodhidharma, gave a copy of this text to his successor, Hui-k'o, and told him everything he needed to know was in this book. Passed down from teacher to student ever since, this is the only Zen sutra ever spoken by the Buddha. Although it covers all the major teachings of Mahayana Buddhism, it contains but two teachings: that everything we perceive as being real is nothing but the perceptions of our own mind and that the knowledge of this is something that must be realized and experienced for oneself and cannot be expressed in words. In the words of Chinese Zen masters, these two teachings became known as "have a cup of tea" and "taste the tea." This is the first translation into English of the original text used by Bodhidharma, which was the Chinese transtation made by Gunabhadra in 443 and upon which all Chinese Zen masters have relied ever since. In addition to presenting one of the most difficult of all Buddhist texts in clear English, Red Pine has also added summaries, explanations, and notes, including relevant Sanskrit terms on the basis of which the Chinese translation was made. This promises to become an essential text for anyone seeking to deepen their understanding or knowledge of Zen.

The larger sutra on Amitāyus (Taishō volume 12, number 360) -- The sutra on contemplation of Amitāyus (Taishō volume 12, number 365) -- The smaller sutra on Amitāyus (Taishō volume 12, number 366).

In 1989, Bill Porter, having spent much of his life studying and translating Chinese religious and philosophical texts, began to wonder if the Buddhist hermit tradition still existed in China. At the time, it was believed that the Cultural Revolution had dealt a lethal blow to all religions in China, destroying countless temples and shrines, and forcibly returning thousands of monks and nuns to a lay life. But when Porter travels to the Chungnan mountains – the historical refuge of ancient hermits – he discovers that the hermit tradition is very much alive, as dozens of monks and nuns continue to lead solitary lives in quiet contemplation of their faith deep in the mountains. Part travelogue, part history, part sociology, and part religious study, this record of extraordinary journeys to an unknown China sheds light on a phenomenon unparalleled in the West. Porter's discovery is more than a revelation, and uncovers the glimmer of hope for the future of religion in China.

This authoritative bilingual edition represents the first time the entirety of Cold Mountain's poetry has been translated into English. These translations were originally published by Copper Canyon Press nearly twenty years ago. Now, significantly revised and expanded, the collection also includes a new preface by the translator, Red Pine, whose accompanying notes are at once scholarly, accessible, and entertaining. Also included for the first time are poems by two of Cold Mountain's colleagues. Legendary for his clarity, directness, and lack of pretension, the eight-century hermit-poet Cold Mountain (Han Shan) is a major figure in the history of Chinese literature and has been a profound influence on writers and readers worldwide. Writers such as Charles Frazier and Gary Snyder studied his poetry, and Jack Kerouac's Dharma Bums is dedicated "to Han Shan." I.B storied cliffs were the fortune I cast bird trails beyond human tracks what surrounds my yard white clouds nesting dark rocks I've lived here quite a few years and always seen the spring-water change tell those people with tripods and bells empty names are no damn good 71. someone sits in a mountain gorge cloud robe sunset tassels handful of fragrances he'd share the road is long and hard relentless and doubtful old and unaccomplished the crowd calls him crippled he stands alone steadfast 205. my place is on Cold Mountain perched on a cliff beyond the circuit of affliction images leave no trace when they vanish I roam the whole galaxy from here lights and shadows flash across my mind not one dharma comes before me since I found the magic pearl I can go anywhere everywhere it's perfect Cold Mountain A mountain man lives under thatch before his gate carts and horses are rare the forest is quiet but partial to birds the streams are wide and home to fish with his son he picks wild fruit with his wife he hoes between rocks what does he have at home a shelf full of nothing but books

The Heart Sutra Explained

Translation and Commentary

A Guide to Life and Practice according to the Teachings of Bodhidharma

A Contemporary Translation of a Buddhist Classic

Self-realization of Noble Wisdom

The Four Chinese Classics

'Skillful Means' is the key principle of Mahayana, one of the great Buddhist traditions. First described in the Lotus Sutra, it originates in myths of the Buddha's compassionate plans for raising life from the ceaseless round of birth and death. His strategies or interventions are 'skillful means' - morally wholesome tricks devised for the purpose of enabling nirvana or enlightenment. Michael Pye's clear and engaging introductory guide investigates the meaning and context of skillful means in Mahahana Buddhist teachings, whilst tracing its early origins in ancient Japanese and Theravada thought. First published in 1978, and still the best explanation of the concept, it illuminates a core working philosophy essential for any complete understanding of Buddhism.

A fifth-century Indian Buddhist monk, Bodhidharma is credited with bringing Zen to China. Although the tradition that traces its ancestry back to him did not flourish until nearly two hundred years after his death, today millions of Zen Buddhists and students of kung fu claim him as their spiritual father. While others viewed Zen practice as a purification of the mind or a stage on the way to perfect enlightenment, Bodhidharma equated Zen with buddhahood and believed that it had a place in everyday life. Instead of telling his disciples to purify their minds, he pointed them to rock walls, to the movements of tigers and cranes, to a hollow reed floating across the Yangtze. This bilingual edition, the only volume of the great teacher's work currently available in English, presents four teachings in their entirety. "Outline of Practice" describes the four all-inclusive habits that lead to enlightenment; the "Bloodstream Sermon" exhorts students to seek the Buddha by seeing their own nature; the "Wake-up Sermon" defends his premise that the most essential method for reaching enlightenment is beholding the mind. The original Chinese text, presented on facing pages, is taken from a Ch'ing dynasty woodblock edition.

Complete Enlightenment is the first authoritative translation and commentary on The Sutra of Complete Enlightenment, a central text that shaped the development of East Asian Buddhism and Ch'an (Chinese Zen). The text is set in the form of a transcription of discussions between the Buddha and the twelve enlightened beings(bodhisattvas), who question him on all aspects of spiritual practice. This new translation preserves all the liveliness and nuance of the text in the original Chinese. The sutra's ancient wisdom is brought to life by the commentaries of Master Sheng Yen, one of the most revered living Buddhist masters in the Ch'an lineage. This is truly a manual for the spiritual journey toward complete enlightenment, providing the key to the deep, poetic, and practical meanings of the scripture.

The title Lankavatara might mean entering Lanka (Perhaps referring to the temporary Mahayana period of Ceylon), suggesting that the doctrine of this scripture are possibly consistent with earlier Buddhism preserved in the Pali language. Suzuki has greatly helped the reader of the basic scripture by discussing the main ideas. He tells how to study this scripture, compares it with the popular Zen Buddhism discuses such typical and important doctrines as Mind-only the Triple body of the Buddha and many minor topics. Suzuki is both an exacting scholar and an understanding exponent of these difficult concepts. He adds a Sanskrit-Chinese-English Glossary, and also an Index. This work is essential for grasping the main ideas of the scripture.

An Annotated Translation of the sTong thun chen mo of mKhas grub dGe legs dpal bzang

In the Buddha's Words

The Flower Ornament Scripture

A Study in the Ontology and the Epistemology of the Yogacara School of Mahayana Buddhism

The Three Pure Land Sutras

The Lankāvatāra Sūtra

A Mah?ya Scripture

Having translated The Diamond Sutra and The Heart Sutra, and following with The Platform Sutra, Red Pine now turns his attention to perhaps the greatest Sutra of all. The Lankavatara Sutra is the holy grail of Zen. Zen's First Patriarch, Bodhidharma, gave a copy of this text to his successor, Hui-k'o, and told him everything he needed to know was in this book. Passed down from teacher to student ever since, this is the only Zen sutra ever spoken by the Buddha. Although it covers all the major teachings of Mahayana Buddhism, it contains but two teachings: that everything we perceive as being real is nothing but the perceptions of our own mind and that the knowledge of this is something that must be realized and experienced for oneself and cannot be expressed in words. In the words of Chinese Zen masters, these two teachings became known as "have a cup of tea" and "taste the tea." This is the first translation into English of the original text used by Bodhidharma, which was the Chinese translation made by Gunabhadra in 443 and upon which all Chinese Zen masters have relied ever since. In addition to presenting one of the most difficult of all Buddhist texts in clear English, Red Pine has also added summaries, explanations and notes, including relevant Sanskrit terms on the basis of which the Chinese translation was made. This promises to become an essential text for anyone seeking to deepen their understanding or knowledge of Zen.

Dasheng qixin lun, or Treatise on Awakening Mah-ay-ana Faith, has been one of the most important texts of East Asian Buddhism since it first appeared in sixth-century China. It outlines the initial steps a Mah-ay-ana Buddhist needs to take to reach enlightenment, beginning with the conviction that the Mah-ay-ana path is correct and worth pursuing. The Treatise addresses many of the doctrines central to various Buddhist teachings in China between the fifth and seventh centuries, attempting to reconcile seemingly contradictory ideas in Buddhist texts introduced from India. It provided a model for later schools to harmonize teachings and sustain the idea that, despite different approaches, there was only one doctrine, or Dharma. It profoundly shaped the doctrines and practices of the major schools of Chinese Buddhism: Chan, Tiantai, Huayan, and to a lesser extent Pure Land. It quickly became a shared resource for East Asian philosophers and students of Buddhist thought. Drawing on the historical and intellectual contexts of Treatise's composition and paying sustained attention to its interpretation in early commentaries, this new annotated translation of the classic, makes its ideas available to English readers like never before. The introduction orients readers to the main topics taken up in the Treatise and gives a comprehensive historical and intellectual grounding to the text. This volume marks a major advance in studies of the Treatise, bringing to light new interpretations as to themes of the text.

The books collected in this volume represent the first time since the mid-nineteenth century that the four seminal masterworks of ancient Chinese thought have been translated as a unified series by a single translator. Hinton's award-winning experience translating a wide range of ancient Chinese poets makes these books sing in English as never before. But these new versions are not only inviting and immensely readable, they also apply much-needed consistency to key philosophical terms in these texts, lending structural links and philosophical rigor heretofore unavailable in English. Breathing new life into these originary classics, Hinton's new translations will stand as the definitive texts for our era. Perhaps the most broadly influential spiritual text in human history, Lao Tzu's Tao Te Ching is the source of Taoist philosophy, which eventually developed into Ch'an (Zen) Buddhism. Equally influential in the social sphere, Confucius' Analects is the source of social wisdom in China. The Chuang Tzu is the wild and wacky prose complement to the Tao Te Ching. And with its philosophical story-telling, the Mencius adds depth and complexity to Confucius' vision.

Renowned for its terse declaration of the perfection of wisdom, the Heart Sutra is the most famous of Buddhist scriptures. The author draws on previously unexamined commentaries, preserved only in Tibetan, to investigate the meanings derived from and invested into the sutra during the later period of Indian Buddhism. The Heart Sutra Explained offers new insights on "form is emptiness, emptiness is form," on the mantra "gate gate paragate parasamgate bodhi svaha," and on the synthesis of Madhyamika, Yogacara, and tantric thought that characterized the final period of Buddhism in India. It also includes complete translations of two nineteenth century Tibetan commentaries demonstrating the selective appropriation of Indian sources.

Indian and Tibetan Commentaries

The Vimalakirti Sutra

A Mahāyāna Text

The Sutra of Hui-neng, Grand Master of Zen

???

Existence and Enlightenment in the Lankavatara-Sutra

The Ceasing of Notions

Clear and illuminating commentary on one of Bodhidharma's most important texts, designed to help Chan practitioners apply timeless and essential advice to their practice. Legend has it that more than a thousand years ago an Indian Buddhist monk named Bodhidharma arrived in China. His approach to teaching was unlike that of any of the Buddhist missionaries who had come to China before him. He confounded the emperor with cryptic dialogues, traveled the country, lived in a cave in the mountains, and eventually paved the way for a unique and illuminating approach to Buddhist teachings that would later spread across the whole of East Asia in the form of Chan--later to be known as Seon in Korean, Thien in Vietnamese, and Zen in Japanese. This book, a translation and commentary on one of Bodhidharma's most important texts, explores Bodhidharma's revolutionary teachings in English. Guo Gu weaves his commentary through modern and relatable contexts, showing that this centuries-old wisdom is just as crucial for life now as it was when it first came to be. Masterfully translated and accompanied by helpful insights to supplement daily practice, The Essence of Chan is the perfect guide for those new to Chan, those returning, or those who have been practicing for years.

Buddhist canonical work.

The three most venerated sutras of Zen in a true pocket-sized edition from a legendary practitioner and translator of Buddhist teachings. These three Sutras, often linked to form a trio of texts that have been revered and studied for centuries, are now available together in this single volume. Red Pine, whose acclaimed translations these particular Buddhist texts are considered canon, provides a sensitive and assured treatment of the classic triumvirate in a gift-sized volume, perfect for sharing with anyone seeking guidance and peace. The Heart Sutra, with its profound and wide-reaching influence on Buddhism, offers the Prajnaparamita teaching of emptiness. The Diamond Sutra, said to contain answers to all questions of delusion and dualism, outlines the bodhisatva path followed by the Buddha. And The Platform Sutra is an autobiography of Hui-neng, the controversial 6th Patrarch of Zen. His understanding of the fundamentals of a spiritual and practical life has served as the introduction to the teachings of Zen that students have been putting into practice for the past 1300 years. In addition to new translations of all three texts, Red Pine has included an introduction that ties all three together and just enough footnotes to explain what needs explaining but not enough to get in the way.

Shandideva'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.

The Lotus Sutra

The Heart, The Diamond, and The Platform Sutras

Treatise on Awakening Mahayana Faith

Studes in the La?k?vat?ra S?tra

A Zen Text

An Epitomized Version

Self-realization of Noble Wisdom

The title Lankavatara might man entering Lanka (perhaps referring to the temporary Mahayana period of Ceylon), suggesting that the doctrines of this scripture are possibly consistent with earlier Buddhism preserved in the Pali language. Suzuki s pioneering translation of the Lankavatara Sutra was based on the Sanskrit text (1923) edited by Bunyu Nanjo. It is a remarkable coverage of Mahayana Buddhist topics, especially of the type often associated with the Yogacara school of Buddhism, yet it is of interest to everyone who desires an introduction to Mahayana Buddhism. Here, the world is like a mirage. The mind has poured out its impression of externals. To get liberated one must stop this outpouring. An advanced individual understands and comes to realize the self-nature of the world which is really so. The editor of the book Alex Wayman says, It is indeed a pleasure to have this famous translation of a work of incomparable content of matters important for Mahayana Buddhism appears in the Buddhist Tradition Series. I have reservations about translation of certain terms of this work, but have no reservations about the importance of making this translation available to interested readers.

The Maharatanakuta 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 Vietnames-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 numerous following, translations of Mahayana scriptures and fragmentary of a major work within the canon was called for.

This book offers a systematic analysis of one of the most important concepts characterizing the Yogacara School of Buddhism (the last creative stage of Indian Buddhism) as outlined and explained in one of its most authoritative and influential texts, Lankavatara-sutra. Compiled in the second half of the fourth-century A.D., this sutra not only represents a comprehensive synthesis of both early and late religio-philosophical ideas crucial to the understanding of Buddhism in India, but it also provides an insight into the very early roots of the Japanese Zen Buddhism in the heart of the South Asian esotericism. The first part of the book outlines the three-fold nature of being, as conceptualized in Buddhist metaphysics. The author uses an interpretive framework borrowed from the existentialist philosophy of Heidegger, in order to separate the transcendental Essence of Being from its Temporal manifestation as Self, and from its Spatial or Cosmic dimension. The second part clarifies the Buddhist approach to knowledge in its religious, transcendental sense and it shows that the Buddhists were actually first in making use of dialectical reasoning for the purpose of transcending the contradictory dualities imbedded in the common ways of perceiving, thinking, and arguing about reality.

The basic sutra of the Fa-hsiang school, this sutra expounds the thought of the Yogacara or Mind-Only School (Vijnanavada), stating that all phenomena are manifestations of the mind. It belongs to the middle period of Indian Mahayana Buddhism and is considered to have been composed at the start of the fourth century A.D. It is divided into 8 chapters, and gives a detailed exposition of the philosophy of the Yogacara School. Judging from the fact that the greater part of this sutra is quoted in the Yogacarabhumi, and that numerous citations from it are to be found in such works as the Mahayanasamgraha and Jo-yui-shiki-ron, it is clear that it exerted considerable influence in later times.

Road to Heaven

One of the Most Important Texts of Mahayana Buddhism, in which Almost All Its Principal Tenets are Presented, Including the Teaching of Zen

Love Your Enemies

A New Translation

A Treasury of Mahāyāna Sūtras

A Concept in Mahayana Buddhism

Astrology for Waking Up, Transforming and Living a High-Vibe Life

Hui-neng (638?713) is perhaps the most beloved and respected figure in Zen Buddhism. An illiterate woodcutter who attained enlightenment in a flash, he became the Sixth Patriarch of Chinese Zen, and is regarded as the founder of the “Sudden Enlightenment” school. He is the supreme exemplar of the fact that neither education nor social background has any bearing on the attainment of enlightenment. This collection of his talks, also known as the Platform or Altar Sutra, is the only Zen record of its kind to be generally honored with the appellation sutra, or scripture. The Sutra of Hui-neng is here accompanied by Hui-neng's verse-by-verse commentary on the Diamond Sutra,in its very first published English translation ever.

Renowned astrologer, Debbie Frank, shares how to use astrology for personal development - discover how your soul was destined to grow, develop and evolve in this lifetime. Are you ready to discover who you really are on a soul level, and who you were born to be? The magic of astrology flows through every aspect of our lives - from our work and relationships to our inner power and creative inspiration - leaving signposts, messages and guidance to assist us on our soul journey. In this book, Debbie Frank reveals her secrets for turning the insights from your birth chart into incredible triggers for personal growth. You'll learn how to:
|| interpret your 'soul signs' - the positions and interactions of the planets and aspects in your chart || understand how the nodes reveal your soul path and soul connections with others || discover how your soul was destined to grow, develop and evolve in this lifetime Your birth chart is a sacred map encoded with all the information you need to find your true purpose, raise your vibration and transform your life.

The Lankavatara Sutra Translation and CommentaryCatapult

The works of the Buddha can feel vast, and it is sometimes difficult for even longtime students to know where to look, especially since the Buddha never explicitly defined the framework behind his teachings. Designed to provide just such a framework, In the Buddha's Words is an anthology of the Buddha's works that has been specifically compiled by a celebrated scholar and translator. For easy reference, the book is arrayed in ten thematic sections ranging from "The Human Condition" to "Mastering the Mind" to "The Planes of Realization." Each section comes with introductions, notes, and essays to help beginners and experts alike draw greater meaning from the Buddha's words. The book also features a general introduction by the author that fully lays out how and why he has arranged the Buddha's teachings in this volume. This thoughtful compilation is a valuable resource for both teachers and those who want to read the Buddha on their own.

Manual of Zen Buddhism

Encounters with Chinese Hermits

The Essence of Chan

A Dose of Emptiness

Sun-Face Buddha

An Early Zen Text from the Dunhuang Caves with Selected Comments

A Guide to the Bodhisattava's Way of Life

Zen Buddhism is often said to be a practice of mind-to-mind transmission without reliance on texts—in fact, some great teachers forbid their students to read or write. But Buddhism has also inspired some of the greatest philosophical writings of any religion, and two such works lie at the center of Zen: The Heart Sutra, which monks recite all over the world, and The Diamond Sutra, said to contain answers to all questions of delusion and dualism. This is the Buddhist teaching on the perfection of wisdom and cuts through all obstacles on the path of practice. As Red Pine explains: The Diamond Sutra may look like a book, but it's really the body of the Buddha. It's also your body, my body, all possible bodies. But it's a body with nothing inside and nothing outside. It doesn't exist in space or time. Nor is it a construct of the mind. It's no mind. And yet because it's no mind, it has room for compassion. This book is the offering of no mind, born of compassion for all suffering beings. Of all the sutras that teach this teaching, this is the diamond. Known in Chinese as Hua-yen and in Japanese as Kogon-kyo, the Avatamsaka Sutra, or Flower Ornament Scripture, is held in the highest regard and studied by Buddhists of all traditions. Through its structure and symbolism, as well as through its concisely stated principles, it conveys a vast range of Buddhist teachings. This one-volume edition contains Thomas Cleary's definitive translation of all thirty-nine books of the sutra, along with an introduction, a glossary, and Cleary's translation of Li Tongxuan's seventh-century guide to the final book, the Gandavyuha, “Entry into the Realm of Reality.”

The Buddhist Bible was first published in Vermont in 1932 by DWIGHT GODDARD (1861-1939), a pioneer in the American Zen Buddhist movement. It contains edited versions of foundational Buddhist texts designed to provide spiritual seekers with the heart of the Zen message. Writing at a time when Buddhism was greatly misunderstood in the West, Goddard hoped to bring a new and deep understanding to light. His mission was not only to explain Buddhism to his fellow Americans but to show how the ancient religion could be made relevant to modern problems. The Buddhist Bible made a huge impact when it was published and is known to have influenced the views of iconic Beat author Jack Kerouac.

The Lotus Sutra is regarded as one of the world's great religious scriptures and most influential texts. It's a seminal work in the development of Buddhism throughout East Asia and, by extension, in the development of Mahayana Buddhism throughout the world. Taking place in a vast and fantastical cosmic setting, the Lotus Sutra places emphasis on skillfully doing whatever is needed to serve and compassionately care for others, on breaking down distinctions between the fully enlightened buddha and the bodhisattva who vows to postpone salvation until all beings may share it, and especially on each and every being's innate capacity to become a buddha. Gene Reeves's new translation appeals to readers with little or no familiarity with technical Buddhist vocabulary, as well as long-time practitioners and students.

In addition, this remarkable volume includes the full “threefold” text of this classic.

The Zen Teaching of Bodhidharma

A Buddhist Bible

Holy Teaching of Vimalak?rti

Tao Te Ching, Analects, Chuang Tzu, Mencius

A Buddhist Scripture Based Upon Professor Suzuki's Translation of the Lankavatara Sutra

Selections from the Mah?ratnak?ra S?tra

Studies in the Lankavatara Sutra

Monkfish is proud to reintroduce this spiritual classic in paperback edition. It was its first book in its Provenance Editions. A translation of the primary materials on the life and teachings of Ma-Tsu (709-788), the successor to the great sixth patriarch and the greatest Ch'an master in history, Hui-Neng (638-713). The book should be invaluable to all who wish to study the development of the Zen thought and philosophy over the course of history.

This book is an annotated translation of one of the great Tibetan classics of Mahayana Buddhist thought, mKhas grub rje's Tong thun chen mo. The text is a detailed critical exposition of the theory and practice of emptiness as expounded in the three major schools of Mahayana Buddhist philosophy: the Yogacara, Svatantrika, and Prasangika. Used as a supplement to the scholastic debating manuals in some of the greatest monasteries of Tibet, the sTong thun chen mo is a veritable encyclopedia of Mahayana Buddhist philosophy, dealing with such topics as hermeneutics, the theory of non-duality, the linguistic interpretation of emptiness, the typology of ignorance, logic, the nature of time, and the perception of matter across world spheres. This book is an indispensable source for understanding the Tibetan dGe lugs pa school's synthesis of the Middle Way (Madhyamaka) and Epistemological (Pramanika) traditions of Indian Buddhism. In addition, it is an unprecedented source for the philosophical polemics of fifteenth century Tibet.

When people and circumstances upset us, how do we deal with them? Often, we feel victimized. We become hurt, angry, and defensive. We end up seeing others as enemies, and when things don't go our way, we become enemies to ourselves. But what if we could move past this pain, anger, and defensiveness? Inspired by Buddhist philosophy, this book introduces us to the four kinds of enemies we encounter in life: the outer enemy, people, institutions, and situations that mean to harm us; the inner enemy, anger, hatred, fear, and other destructive emotions; the secret enemy, self-obsession that isolates us from others; and the super-secret enemy, deep-self-loathing that prevents us from finding inner freedom and true happiness. In this practical guide, we learn not only how to identify our enemies, but more important, how to transform our relationship to them. Love Your Enemies teaches us how to: - Break free from the mode of "us" versus "them" thinking - develop compassion, patience, and love - Accept what is beyond our control - Embrace lovingkindness, right speech, and other core concepts Throughout, authors Sharon Salzberg and Robert Thurman share stories and exercises for achieving finding peace within yourself and with the world. Drawing from ancient spiritual wisdom and modern psychology, Love Your Enemies presents tools that are useful for all readers.

Three Zen Sutras

The Lankavatara Sutra

The Sarvagama Sūtra

The Teachings of Ma-tsu and the Hung-chou School of Ch'an

Skillful Means

The Lankavatara Sutra A Mahayana Text (Tr. For The First Time From The Original Sanskrit)

One of the most popular Asian classics for roughly two thousand years, the Vimalakirti Sutra stands out among the sacred texts of Mahayana Buddhism for its conciseness, its vivid and humorous episodes, its dramatic narratives, and its eloquent exposition of the key doctrine of emptiness or nondualism. Unlike most sutras, its central figure is not a Buddha but a wealthy townsman who, in his mastery of doctrine and religious practice, epitomizes the ideal lay believer. For this reason, the sutra has held particular significance for men and women of the laity in Buddhist countries of Asia, assuring them that they can reach levels of spiritual attainment fully comparable to those accessible to monks and nuns of the monastic order. Esteemed translator Burton Watson has rendered a beautiful English translation from the popular Chinese version produced in 406 C.E. by the Central Asian scholar-monk Kumarajiva, which is widely acknowledged to be the most felicitous of the various Chinese translations of the sutra (the Sanskrit original of which was lost long ago) and is the form in which it has had the greatest influence in China, Japan, and other countries of East Asia. Watson's illuminating introduction discusses the background of the sutra, its place in the development of Buddhist thought, and the profundities of its principal doctrine: emptiness.

Taken from the writings discovered in a cave in the mid-twentieth century, presents the dialogue between an imaginary master and his disciple that leads to profound insights.

The Diamond Sutra

What's Your Soul Sign?

A Translation of the Avatamsaka Sutra

Scripture on the Explication of Underlying Meaning, The

An Anthology of Discourses from the Pali Canon

Complete Enlightenment