Classics of Buddhism and Zen: The Collected Translations of Thomas Cleary: Volume One: Zen Lessons, Zen Essence, the Five Houses of Zen, Minding Mind, Instant Zen

By Thomas Cleary (trs.)

Shambhala, Boston, Massachusetts, USA. Paperback. Book Condition: New. First Edition. Volume One of Classics of Buddhism and Zen contains teachings predominantly from the Chinese Zen (Chan) tradition, including the writings of revered Chinese masters such as Pai-chang, founder of the Chan monastic tradition; Huang-po, one of the forefathers of the Lin-chi-tsung or Rinzai school; Foyan, the great master of the twelfth-century Chinese Zen "renaissance"; and many others. The volume includes: Zen Lessons: The Art of Leadership This guide to enlightened conduct for people in positions of authority is based on the teachings of several great Zen masters of China. Zen Essence: The Science of Freedom Drawn from the records of the great Chinese Zen masters of the Tang and Song dynasties, this collection represents the most open and direct forms of instruction in the entire Zen canon. The Five Houses of Zen These writings are widely considered to be preeminent among Zen literature. Minding Mind: A Course in Basic Meditation The meditation instructions in this book focus on attaining a state of true objectivity that enables the practitioner to use all other forms of meditation freely and consciously, without becoming fixated or obsessed. Instant Zen Presented here are the teachings...

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