

zen is renowned as one the world's most remarkable religious geniuses his works are both richly poetic and deeply insightful and philosophical pointing to the endless depths of zen exploration and almost precisely because of these facts dogen is often difficult for readers to understand and fully appreciate realizing genjokoan is a comprehensive introduction to the teachings and approach of this great thinker taking us on a thorough guided tour of the most important essay genjokoan in dogen's seminal work the shobogenzo indeed the genjokoan is regarded as the pinnacle of dogen's writings encompassing and encapsulating the essence of all the rest of his work our tour guide for this journey is shohaku okumura a prominent teacher in his own right who has dedicated his life to translating and teaching dogen this volume also includes an introduction to dogen's life from hee jin kim's classic eihei dogen mystical realist with updated annotations by okumura

discover dogen's classic buddhist text in 3 engaging new translations with commentary by contemporary zen masters like zen mind beginner's mind author shunryu suzuki dogen's treasury of the true dharma eye is considered one of the highest manifestations of buddhist thought ever produced one of the greatest religious practitioners and philosophers of the east eihei dogen zenji 1200-1253 is today thought of as the founder of the soto school of zen a deep thinker and writer he was deeply involved in monastic methods and in integrating zen realization into daily life at times the shobogenzo also called treasury of the true dharma eye was profoundly difficult and he worked on it over his entire life revising expanding and producing a book that is today thought to be one of the highest manifestations of buddhist thought ever produced dogen's genjo koan is the first chapter in that book and for many followers it might be thought to contain the gist of dogen's work it is one of the groundwork texts of zen buddhism standing easily alongside the diamond sutra the heart sutra and a small handful of others our unique edition of dogen's genjo koan contains 3 separate translations and several commentaries by a wide variety of zen masters nishiari bokusan shohaku okamura shunryu suzuki kosho

uchiyama sojun mel weitsman kazuaki tanahashi and dairyu michael wenger all have contributed to our presentation of this remarkable work there can be no doubt that understanding and integrating this text will have a profound effect on anyone s life and practice

in this groundbreaking collection of essays edited by steven heine leading scholars of buddhism from both sides of the pacific explore the life and thought of zen master dogen 1200 1253 the founder of the japanese soto sect through both textual and historical analysis the volume shows dogen in context of the chinese chan tradition that influenced him and demonstrates the tremendous lasting impact he had on buddhist thought and culture in japan special attention is given to the shobogenzo and several of its fascicles which express d gen s views on such practices and rituals as using supranormal powers jinzu reading the sutras kankin diligent training in zazen meditation shikan taza and the koan realized in everyday life genjokoan dogen textual and historical studies also analyzes the historical significance of this seminal figure for instance dogen s methods of appropriating or contrasting with chan sources as well as how dogen was understood and examined in later periods including modern times this book is a crucial contribution to the advancement of specialized studies of dogen as well as to the chan zen school in the context of east asian religions and their social and historical trends

a translation of the genjokoan by eihei dogen 1200 1253 the founder of japanese zen it addresses in terse and poetic language many of the perennial concerns of zen particularly the relationship between practice and realization and includes a complete commentary in english

volume one of the collected works of ken wilber includes the spectrum of consciousness 1977 one of the founding texts of transpersonal psychology introduces the full spectrum model showing how the psychological systems of the west can be

integrated with the contemplative traditions of the east no boundary eastern and western approaches to personal growth 1979 is a simple yet comprehensive guide to psychologies and therapies available from both western and eastern sources several important early articles the psychologia perennis are the chakras real and where it was i shall become

the treasury of the true dharma eye shōbōgenzō is the masterwork of dōgen 1200 1253 founder of the sōtō zen buddhist sect in kamakura era japan it is one of the most important zen buddhist collections composed during a period of remarkable religious diversity and experimentation the text is complex and compelling famed for its eloquent yet perplexing manner of expressing the core precepts of zen teachings and practice this book is a comprehensive introduction to this essential zen text offering a textual historical literary and philosophical examination of dōgen s treatise steven heine explores the religious and cultural context in which the treasury was composed and provides a detailed study of the various versions of the medieval text that have been compiled over the centuries he includes nuanced readings of dōgen s use of inventive rhetorical flourishes and the range of east asian buddhist textual and cultural influences that shaped the work heine explicates the philosophical implications of dōgen s views on contemplative experience and attaining and sustaining enlightenment showing the depth of his distinctive understanding of spiritual awakening readings of dōgen s treasury of the true dharma eye will give students and other readers a full understanding of this fundamental work of world religious literature

this book examines the nearly 400 year tradition of quaker engagements with mystical ideas and sources it provides a fresh assessment of the way tradition and social context can shape a religious community while interplaying with historical and theological antecedents within the tradition quaker concepts such as meeting the light and embodied spirituality have led friends to develop an interior spirituality that

intersects with extra quaker sources such as those found in jakob boehme abū bakr ibn tufayl the continental quietists kabbalah buddhist thought and luyia indigenous religion through time and across cultures these and other conversations have shaped quaker self understanding and so expanded previous models of how religious ideas take root within a tradition the thinkers engaged in this globally focused interdisciplinary volume include george fox james nayler robert barclay elizabeth ashbridge john woolman hannah whitall smith rufus jones inazo nitobe howard thurman and gideon w h mweresa among others

for many of us the return of zen conjures up images of rock gardens and gently flowing waterfalls we think of mindfulness and meditation immersion in a state of being where meaning is found through simplicity zen lore has been absorbed by western practitioners and pop culture alike yet there is a specific area of this ancient tradition that hasn t been fully explored in the west now in the zen of creativity american zen master john daido loori presents a book that taps the principles of the zen arts and aesthetic as a means to unlock creativity and find freedom in the various dimensions of our existence loori dissolves the barriers between art and spirituality opening up the possibility of meeting life with spontaneity grace and peace zen buddhism is steeped in the arts in spiritual ways calligraphy poetry painting the tea ceremony and flower arranging can point us toward our essential boundless nature brilliantly interpreting the teachings of the artless arts loori illuminates various elements that awaken our creativity among them still point the center of each moment that focuses on the tranquility within simplicity in which the creative process is uncluttered and unlimited like a cloudless sky spontaneity a way to navigate through life without preconceptions with a freshness in which everything becomes new mystery a sense of trust in the unknown creative feedback the systematic use of an audience to receive noncritical input about our art art koans exercises based on paradoxical questions that can be resolved only through artistic expression loori shows how these elements interpenetrate and function not only in

art but in all our endeavors beautifully illustrated and punctuated with poems and reflections from loori s own spiritual journey the zen of creativity presents a multilayered bottomless source of insight into our creativity appealing equally to spiritual seekers artists and veteran buddhist practitioners this book is perfect for those wishing to discover new means of self awareness and expression and to restore equanimity and freedom amid the vicissitudes of our lives

this is the definitive and complete book about a phenomenon which did not exist a hundred years ago but is now growing rapidly and dramatically changing western culture the rise of western mostly american teachers who fill the role of guru or master a few books have appeared on some narrow aspects of this astounding phenomenon this is the first book to survey the entire field encyclopedic in its scope the book of enlightened masters includes biographical essays on 140 spiritual teachers giving their life stories and an account of their teachings yet it is also a user friendly introduction with a survey of the teachers and their teachings a historical narrative of how and when the movement developed and an evaluation of the issues raised by it a century ago there were no western masters no westerners who were for instance hindu swamis zen roshis or sufi sheikhs now there are many such teachers with millions of followers starting from scratch the west has produced its own spiritual teachers in traditions that until recently were utterly alien and in the last quarter century a number of independent teachers have appeared who belong to no single identifiable tradition the western masters have not merely transplanted the eastern spiritual traditions to the west they have transformed these traditions by their distinctively western approach innovative entrepreneurial and combining elements from previously unconnected eastern traditions the new teachers are changing western culture by making available a view of the human condition which is new in the west but very attractive to large and growing numbers of westerners an approach dr rawlinson calls spiritual psychology spiritual psychology holds that human beings are best understood in terms of consciousness and its modifications

that consciousness can be changed by spiritual practice and that there are enlightened masters who have done this and can teach others

young wizards reunite to stop a powerful enemy from robbing the world of its magic as this ya fantasy adventure series continues returning from their wizardly holiday nita callaghan and kit rodriguez look forward to getting back to their normal routine but there s trouble brewing a strange darkness is befalling older wizards across the world stealing away their power soon young wizards from earth and beyond must join forces to stop an unimaginable invasion and defend the very essence of wizardry itself to stop the evil afoot they must first find a secret weapon promised to them by the powers that be with their alien teammates nita kit and dairine are on a desperate search through worlds known and unknown racing against the minions of the sinister lone power who are determined to find it first and that s only the beginning because for the first time in millenia the wizards are about to go to war

a guide to awakening buddha mind for the contemporary zen practitioner in the words of eihei dōgen the thirteenth century buddhist monk who introduced the sōtō school of zen to japan to study the buddha way is to study the self to study the self is to forget the self to forget the self is to be actualized by myriad things centuries later these enigmatic words from his seminal genjōkōan actualizing the fundamental point are still studied in zen communities the world over but what did dōgen really mean when he encouraged studying the self to forget the self in this clarifying new commentary esteemed zen teacher shinshu roberts takes readers on a journey to understand japan s great buddhist philosopher roberts applies her deep familiarity with dōgen s work to illuminate the text as a unified story in which dōgen reveals the nondual nature of reality in addition to a full translation of dōgen s genjōkōan this book includes the commentary okikigakishō notes of what was heard and extracted written by two of dōgen s direct students the first time an english translation of this highly influential work has appeared in print

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