

Beats shows the blossoming of Zen in the very heart of American culture.

Where the Heart Beats New World Library

"After the 9/11 terrorist attacks, Josh Korda left his high-powered advertising job--and a life of drug and alcohol addiction--to find a more satisfying way to live. In Unsubscribe, he shares his three-step guide to recovery from addiction to consumerism, self-deception, and life as you thought it had to be: (1) Reprioritize your goals. (2) Understand yourself. (3) Connect authentically with others. Revolutionary, compassionate, and filled with wonderfully practical exercises, this book will help you lead a more authentic, more fulfilling life"--Page 4 of cover.

It Came from Beyond Zen! BEIJING BOOK CO. INC.

Hakuin Enkaku Zenji (1686-1769) was one of the greatest Zen masters to ever live. In addition to being the author of the most famous koan ever written, "What is the sound of one hand clapping?" he is credited with reviving the Rinzai sect of Zen in Japan, perhaps the most important and most rigorous branch in the Golden Age of Buddhism. His "Song of Zazen" is chanted in monasteries daily all over the world. Hakuin taught that there are three essentials to Zen practice: Great Faith, Great Doubt, and Great Resolve. Only Dogen comes close to matching the power and breadth of his writing and teaching. Norman Waddell has spent his life reading and commenting on the vast work of Hakuin. He has published several previous selections, all leading

to his work on this major, monumental gathering, the Keiso Dokuzui, never before translated in any foreign language.

Translating sacred texts requires years of practice and intimate familiarity with the material in its original language, as well as complete mastery of the available commentary. There's no one alive better capable of handling this important and difficult offering. For this collection Hakuin gathered more than 200 individual pieces, consisting of commentaries, memorials, poems, koans, and teisho (lectures). They were offered to the many students living around his temple as well as to the countless lay followers around the country, and Hakuin spent his life offering these teachings together with his own commentary. Result is an organic, growing collection of understanding and advice, certain to engage Zen students as well as religious practitioners in other spiritual disciplines

The Old Tea Seller Shambhala Publications

Maps and guideposts are helpful when we undertake a journey. The ten Ox-Herding Pictures, the accompanying ancient poems, and a modern commentary by John Daido Looi, sketch the spiritual path encountered in Zen training, a path of exhaustive study of the self and the realization of the ultimate nature of reality. The Ox-Herding Pictures can be our companion on the Way of self-discovery, our compass and perspective when we need one. They are a bottomless source of mysterious wisdom to which we can return again and again for inspiration, and they translate easily into the gritty reality of spiritual practice that

emerges from and grounds us in the inescapable relevance of our daily lives. The exquisite versions of the pictures found in the book are traditional Chinese nanga brush paintings by Gyokusei Jikihara Sensei, a modern Japanese master of calligraphy and a teacher in the Obaku School of Zen. The traditional verses accompanying them have been translated by John Daido Looi and Kazuaki Tanahashi, translator and editor of Enlightenment Unfolds: The Essential Teachings of Zen Master Dogen.

Hardcore Zen Shambhala Publications

Reproduction of the original: Three Years in Tibet by Sharamana Ekai Kawaguchi

Nine-Headed Dragon River BoD - Books on Demand

Treasury of the True Dharma Eye (Shobo Genzo, in Japanese) is a monumental work, considered to be one of the profoundest expressions of Zen wisdom ever put on paper, and also the most outstanding literary and philosophical work of Japan. It is a collection of essays by Eihei Dogen (1200-1253), founder of Zen's Soto school. Kazuaki Tanahashi and a team of translators that represent a Who's Who of American Zen have produced a translation of the great work that combines accuracy with a deep understanding of Dogen's voice and literary gifts. This eBook includes a wealth of materials to aid understanding, including maps, lineage charts, a bibliography, and an exhaustive glossary of names and terms--and, as a bonus, the most renowned of all Dogen's essays, "Recommending Zazen to All People."