

SIT

ZEN  
TEACHINGS  
OF MASTER  
TAISEN  
DESHIMARU



EDITED BY  
PHILIPPE COUPEY

# Sit Zen Teachings Of Master Taisen Deshimaru

**Michael Rajnik**



## **Sit Zen Teachings Of Master Taisen Deshimaru:**

**Sit** Taisen Deshimaru,1996 An enlightening account of a session held in France under the guidance of the renowned Japanese Zen Master Taisen Deshimaru 1914 1982 This book answers pressing questions and provides vital instruction and inspiration for both beginner or long time Zen practitioners and those using meditation as part of their spiritual path

*Mushotoku Mind* Taisen Deshimaru,2020-08-27 Based on the translation by Ilsa Fatt and the edition by Reiryu Philippe Coupey Mushotoku mind means an attitude of no profit no gain It is the core of master Taisen Deshimaru s Zen This respected teacher of Japanese Soto Zen moved from Japan in 1967 and brought this work to Paris from where it was disseminated throughout the West This book presents his commentary on the most renowned of Buddhist texts the Heart Sutra known in Japanese as Hannya Shingyo a philosophical investigation on the futility of philosophical investigation Deshimaru s work fills a great gap in the interpretations of this seminal text in that he emphasizes mind emptiness ku as the foundation of Zen practice in contrast to the usual mindfulness focus of many other Zen approaches This emptiness and purpose of no purpose is one of the most difficult ideas for Westerners to understand Yet we know that our most cherished values are based on mushotoku mind when it comes for example to love We value the unselfish love of family or country that is based not on what we can get from the relationship but on what we can give We know too that these virtues are not accomplished directly through our will but indirectly through dropping our expectations His lectures on this subject have been translated by Ilsa Fatt and edited by Reiryu Philippe Coupey of Deshimaru s British and French groups and here completely revised and reedited for an American audience by Reishin Richard Collins This edition emphasizes Deshimaru s chorus Mushotoku mind is the key attitude characterizing the way of the Buddha the way of the bodhisattva the way of Zen and zazen and the way of all sutras teachings Taisen Deshimaru d 1982 was the founder of the Association Zen Internationale one of the largest influences on Zen in the West He is author of *The Ring of the Way* and *The Zen Way to Martial Arts* A Japanese Master Reveals the Secrets of the Samurai Richard Collins is a Zen teacher in the lineage of Taisen Deshimaru and Dean of Arts Religion Scholars Philosophy Students and Readers of Taisen Deshimaru s Books *Questions to a Zen Master* Taisen Deshimaru,1991-10-31 True religion the great Japanese teacher Taisen Deshimaru wrote is not esoteric or mystical it is not an exercise in well being or gymnastics True religion is the highest Way the absolute Way zazen Here Deshimaru the author of *True Zen* offers practical suggestions for developing unitary mind body consciousness through the principles of zazen translated literally as seated meditation Advice is given on posture breathing and concentration and concepts such as karma and satori are clearly explained **Zen, Simply Sitting** Philippe Coupey,2022-09-01 It doesn t matter whether you are intelligent or stupid There s no difference between a dull or smart person Sincere concentrated effort is in itself the Way Dogen No diluted dumbed down or sugarcoated version of Zen teaching and practice will be found here Contemporary Zen teacher Philippe Coupey offers readers a clear strong and useful commentary on the *Fukanzazengi* the short basic classic on

how to practice zazen written by the Master Dogen in 1227 Coupey's approach to this timeless teaching is based in the work of his own distinguished master Taisen Deshimaru the Japanese Soto Zen teacher who brought Zen to Europe What's new here is that the text has been put into everyday English and given a contemporary context by the author Based on Buddha's teachings and venerated in the Zen tradition this text is regularly recited in Zen temples Though brief it remains a source of inspiration and guidance for both beginners and advanced students as it has for centuries Dogen invites the practitioner to give up intellectual understanding and simply direct light inward Fukuan means recommended for everyone so this is not an esoteric work limited to priests and monks Zazen is the practice of sitting meditation Gi is law or principles Zen Chants Kazuaki Tanahashi, 2015-08-25 An introduction to Zen chanting practice with new accurate and chantable translations of the texts used in Zen centers and monasteries throughout the English speaking world by the renowned translator of Dogen and Ryokan A Zen chant is like a compass that sets us in the direction of the awakened life it is the dynamic audible counterpart to the silent practice of zazen or sitting meditation and it is a powerful expression of the fact that practice happens in community Here is a concise guide to Zen chants for practitioners as well as for anyone who appreciates the beauty and profundity of the poetry in dharma An introduction to the practice is followed by fresh and carefully considered translations and adaptations of thirty five chants some common and others less well known along with illuminating commentary **The Song of the Wind in the Dry Trees**, 2014-11-05 This book of commentaries given by Zen Master Philippe Coupey covers two 13th century Japanese texts In Part I he's chosen twelve poems from the Sansho Doe'i a collection of poetry composed by Master Dogen Zenji between 1245 and 1253 In Part II Coupey comments on the complete text of Komyozo Zanmai written in 1278 by Dogen's disciple and successor Master Koun Ejo The author's fresh interpretation of these two classic texts rests on an intimate and fundamental experience with this material beyond space and time Coupey's words are addressed to the reader's heart shedding light on our own quest and ratifying the discoveries that we may have made along the way Clearly then the message of this book is not intended to come under the heading of scholarship or to add to our intellectual baggage but to enrich our spiritual life The twelve poems from Dogen's Sansho Doe'i are clear and obvious observations of nature They comprise a rich facet of Dogen's poetic sensitivity set entirely in the immediacy of real life a direct experience of ordinary consciousness Dogen's poems refer to nature nonetheless they speak of the experience of awakening at every opportunity Even if Dogen's poems refer to nature to landscapes seashores the passing of springtime it is always consciousness that is the subject Free natural ordinary consciousness that is neither for nor against Coupey from the commentary In Part II Coupey's commentary on Ejo's teaching Komyozo Zanmai he explains that this timeless teaching is a pure jewel that encapsulates and expresses the purest essence of transmitted Zen In Coupey's view this 13th century treatise is absolutely not different from all that Zen disciples have received through the ages and are in turn transmitting today This is how zazen the Way should be studied Coupey asserts In The Belly Of The Dragon Philippe Coupey, 2020-05-15 The Shinjinmei

written in the 6th century by the monk Sosan is the first of Zen's four fundamental texts. Thus it is central to all Zen lineages and schools and an essential source of study for all Zen practitioners. Here Philippe Coupey, a contemporary practicing monk for over 45 years, reflects on each of the 73 verses of this famous text. Despite its ancient roots, the Shinjinmei is still dynamic today, and Coupey's commentaries are fresh and relevant to life in the 21st century. His remarks are not based on scholarly studies as for some well-known translators but on the understanding transmitted through a lineage of practice teaching and commenting on the Shinjinmei by great teachers and masters of the traditions, including Coupey's own teacher Taisen Deshimaru, who brought this practice to Europe in 1967. Zen today is often coopted by the dominant marketing paradigm with all types of products branded this way and loses its potency when it devolves into yet another form of relaxation. Not so here. Thanks to Philippe Coupey's frank style of speaking and writing like his teacher Deshimaru, before him Coupey reflects a raw, unreserved approach more in keeping with the ancient masters. His commentaries are also more exhaustive and detailed than others published so far. People who are tired of self-development Zen books might find real answers and questions here. The underlying message of the Shinjinmei is to avoid clinging to the extremes left and right, good and bad, love and hate. The opening stanza reads: "Entering the Way is not difficult. But you must not love or hate or choose or reject. This clinging leads to the separation of one thing from another and is therefore the origin of many of the big problems in society today." The first half of this book (verses 1-31, originally published as volume one with the same title, *In the Belly of the Dragon*) were the result of eight years of teaching lectures (*kusen*) during which Coupey made oral commentary on the text. The remainder of the book (verses 32-73) was created more recently as written essays. The style of these presentations is less formal and more intimately represents the dynamic spirit of the author's practice. The entire collected work vivifies the ancient Zen text for modern students of the Way and is a valuable resource for all those interested in Eastern thought and religion.

**Zen & Karma**

Roshi Taisen Deshimaru, 2016-04-27. Taisen Deshimaru (1914-1982) was a Japanese Zen Master and the individual largely responsible for bringing Soto Zen to Europe. A legendary figure widely acknowledged throughout the Zen world, he stands in the ranks of the great Zen teachers of modern times, including Suzuki Roshi, Maezumi Roshi, and others. This second edition of his book *The Voice of the Valley*, first issued in 1979, contains the pure Deshimaru vintage teaching. Uniquely, it is one of the few Zen books treating the subject of karma, a principle deeply entrenched in Hindu and some Buddhist traditions but rarely taught within Zen. Karma generally refers to the principle of cause and effect, acknowledging that each individual will reap what they sow, whether in this lifetime or some future life. Deshimaru, however, explains that this doctrine really has nothing to do with a simple good or bad balance chart for the individual person but rather concerns the activity of humanity as a whole. He highlights the necessity for clearly seeing one's own thinking, which is creating the hell that we and others endure, an immediate karmic payback. With *zazen*, a practitioner becomes not only acquainted with the contents of mind but able to refocus it, allowing the body to think in ways that are beneficial to oneself and others. As he compares this doctrine of karma

within Mahayana Buddhism with Western philosophy he points to the need for wise and ethical action in all aspects of life His dedication like that of great masters in all traditions is with the relief of suffering and the clarity needed to pierce to the cause of suffering Serious sitting practice in the way he presents it creates that access The book is a live record of the Master's teaching content kusens and his style of presentation during a practice sesshin retreat of several days Deshimaru spoke in English and his words were recorded and compiled from notes taken by the editor Coupey and other students His subjects are as timely today as they were in the late 70s At a time when contemporary Zen practice has been co-opted by the culture of new and now his teachings do not compromise This is no self-oriented wellness Zen cultivated for feeling more relaxed This is the real deal a call to a stark no-gain approach to clear perception of reality from one who studied and practiced this tradition fully aligned to its source As such this book is a precious vehicle of direct transmission Black Belt, 1999-07 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self-defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known martial arts figure in the world *Long Strange Journey* Gregory P. A. Levine, 2017-09-30 *Long Strange Journey* presents the first critical analysis of visual objects and discourses that animate Zen art modernism and its legacies with particular emphasis on the postwar Zen boom Since the late nineteenth century Zen and Zen art have emerged as globally familiar terms associated with a spectrum of practices beliefs works of visual art aesthetic concepts commercial products and modes of self-fashioning They have also been at the center of fiery public disputes that have erupted along national denominational racial ethnic class and intellectual lines Neither stable nor strictly a matter of euphoric religious or intercultural exchange Zen and Zen art are best approached as productive predicaments in the study of religion spirituality art and consumer culture especially within the frame of Buddhist modernism *Long Strange Journey's* modern contemporary emphasis sets it off from most writing on Zen art which focuses on masterworks by premodern Chinese and Japanese artists gushes over timeless visual qualities as indicative of metaphysical states or promotes with ahistorical trend-spotting flair Zen art's design appeal and therapeutic values In contrast the present work plots a methodological through-line distinguished by discourse analysis moving from the first contacts between Europe and Japanese Zen in the sixteenth century to late nineteenth early twentieth century transnational exchanges driven by Japanese Buddhists and intellectuals and the formation of a Zen art canon to postwar Zen transformations of practice and avant-garde expressions to popular embodiments of our Zenny zeitgeist such as Zen cartoons The book presents an alternative history of modern contemporary Zen and Zen art that emphasizes their unruly and polythetic prototypical natures taking into consideration serious religious practice and spiritual and creative discovery as well as conflicts over Zen's value amid the convolutions of global modernity squabbles over authenticity resistance against the notion of Zen influence and

competing claims to speak for Zen art made by monastics lay advocates artists and others      Radiant Joy Brilliant Love  
Clinton Callahan,2020-11-05 This hard hitting and innovative book about man woman relationship immediately challenges  
the deceptions about love and intimacy rampant in today s patriarchal culture At the same time Radiant Joy Brilliant Love  
reveals a step by step process for discovering and living out alternative possibilities The author claims that even the best of  
our relationships are still generally basic level what he calls Ordinary Human Relationship He asserts that two more domains  
remain to be explored namely Extraordinary Human Relationship and Archetypal Love The book shows exactly how to enter  
these new domains and how to stay there long enough to cultivate genuine intimacy nurturance excitement and satisfaction  
together The material for this book is startlingly original and fresh directly distilled from over thirty years of trial error and  
reevaluation within seminars and trainings conducted by the author in the U S and Europe The essential teaching tools are  
Thought Maps that illustrate and guide the dynamics of evolving relationship coupled with a series of experiments  
explorations to be undertaken alone or with one s partner Topics include What your mother never told you and your father  
didn t know about love and relationships Making the leap from Defensive Learning to Expansive Learning Breaking out of the  
relationship Box The lie of being unlovable Navigating in the realm of feelings Communication skills for explorers      *The*  
*Middle Way* ,1996-05      **Books on Japan in Western Languages Recently Acquired by the National Diet Library**  
Kokuritsu Kokkai Toshokan (Japan),2000      *The Way of True Zen* Taisen Deshimaru,2002-06 The Way of True Zen is a  
compilation of the most influential writings of Master Deshimaru covering a broad array of Zen and Buddhist related ideas  
Explored are such topics as the Fukanzazengi Dogen s instructions on zazen sitting practice The Spirit of Zen and Hishiryo  
beyond thinking and non thinking These are core teachings in Soto Zen and Deshimaru offers them in a very readable  
modern dialogue      Tricycle ,1996      *Zen & Karma* Roshi Taisen Deshimaru,2016 Revised edition of The voice of the valley  
Indianapolis Bobbs Merrill A1979      Book Review Index ,1997 Every 3rd issue is a quarterly cumulation      *The Voice of*  
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