

the art of Just Sitting



*essential writings
on the zen practice of shikantaza*

SECOND EDITION

EDITED BY JOHN DAIDO LOORI
WITH AN INTRODUCTION BY TAIGEN DAN LEIGHTON

The Art Of Just Sitting Essential Writings On The Zen Practice Of Shikantaza

Sekkei Harada, Daigaku Rumme



The Art Of Just Sitting Essential Writings On The Zen Practice Of Shikantaza:

The Art of Just Sitting John Daido Loori, 2002-06-15 This book offers essential guidance from the Buddha and Bodhidharma from Chinese and Japanese Zen's most influential masters and from many of modern Zen's preeminent teachers

The Art of Just Sitting John Daido Loori, 2010-07 The practice of just sitting is central to all Zen practice it is the simplest yet most subtle form of meditation This comprehensive and unparalleled volume brings together a wealth of writings from Bodhidharma and Dogen to the most prominent modern teachers collecting the substantial core of centuries of Zen teachings Edited by one of America's preeminent Zen teachers this book is essential reading for any practitioner but also will be of great value to all who are interested in Eastern religions In addition the book is a tremendous resource for schools and libraries as it stands as the best available collection of writings on the subject

Zen Master Who? James Ishmael Ford, 2006-10-20 Surprisingly little has been written about how Zen came to North America Zen Master Who does that and much more Author James Ishmael Ford a renowned Zen master in two lineages traces the tradition's history in Asia looking at some of its most important figures the Buddha himself and the handful of Indian Chinese and Japanese masters who gave the Zen school its shape It also outlines the challenges that occurred as Zen became integrated into western consciousness and the state of Zen in North America today The author includes profiles of modern Zen teachers and institutions including D T Suzuki and Alan Watts and such topics as the emergence of liberal Buddhism and Christians Jews and Zen This engaging accessible book is aimed at anyone interested in this tradition but who may not know how to start Most importantly it clarifies a great and ancient tradition for the contemporary seeker

The Routledge Handbook of Buddhist-Christian Studies Carol Anderson, Thomas Cattoi, 2022-09-30 Buddhist Christian dialogue has a long and complex history that stretches back to the first centuries of the common era Comprising 42 international and disciplinarily diverse chapters this volume begins by setting up a framework for examining the nature of Buddhist Christian interreligious dialogue discussing how research in this area has been conducted in the past and considering future theoretical directions Subsequent chapters delve into important episodes in the history of Buddhist Christian dialogue contemporary conversations such as monastic interreligious dialogue multiple religious identity and dual religious practice and Buddhist Christian cooperation in social justice social engagement pastoral care and interreligious education settings The volume closes with a section devoted to comparative and constructive explorations of different speculative themes that range from the theological to the philosophical or experiential This handbook explores how the study of Buddhist Christian relations has been and ought to be done The Routledge Handbook of Buddhist Christian Studies is essential reading for researchers and students interested in Buddhist Christian studies Asian religions and interreligious relationships It will be of interest to those in fields such as anthropology political science theology and history

Spirituality and Deep Connectedness Michael C. Brannigan, 2018-09-15 What is spirituality Does it enable us to be better persons Is spirituality related to religion These days

is it even relevant On college campuses does it promote student well being Does it further moral growth Can spirituality make a difference in healthcare What about social justice and service to the marginalized This rich collection of essays by respected scholars and practitioners in diverse fields in academic healthcare social justice and interfaith contexts addresses these questions in strikingly profound and meaningful ways Their voices offer alternatives to the prevailing notion of spirituality as a purely private matter and make a case for living spiritually through deep and genuine engagement with others bridging our inherent and original fault line of Self and Other Their keen observations resuscitate the spiritual fabric of defiance against and liberation from forces of oppression which show their face not only through chronic inequities and social injustice but in consumer capitalism s grip on our souls This volume s dispatch to our minds and hearts is timely in an age of looming cynicism pessimism fear and distrust In carving out a renewed sense of what lies at the heart of living a life of the spirit or spirituality it offers an antidote to our widespread hermeneutic of suspicion None of the authors claims to encapsulate one pure meaning of the spiritual Yet they share one collective voice spirituality is indeed genuine when it calls forth compassion and wears the worn and tangled face of humaneness freeing ourselves from the prison of ego Here we find messages of hope much needed in a time when our society seems increasingly shadowed by dark clouds These essays remind us of what s right in the world

Hardcore Zen Brad Warner,2010-07 This is not your typical Zen book Brad Warner the young punk who grew up to be a Zen master spares no one just like Reality itself This bold new approach to the Why of Zen Buddhism is as strongly grounded in the tradition of Zen as it is utterly revolutionary Warner s voice is hilarious and he calls on the wisdom of everyone from punk and pop culture icons a to the Buddha himself to make sure his points come through loud and clear The subtitle and the cover say it all there has never been a book like this one

Opening the Hand of Thought Kosho Uchiyama,2005-06-10 For over thirty years Opening the Hand of Thought has offered an introduction to Zen Buddhism and meditation unmatched in clarity and power This is the revised edition of Kosho Uchiyama s singularly incisive classic This new edition contains even more useful material new prefaces an index and extended endnotes in addition to a revised glossary As Jisho Warner writes in her preface Opening the Hand of Thought goes directly to the heart of Zen practice showing how Zen Buddhism can be a deep and life sustaining activity She goes on to say Uchiyama looks at what a person is what a self is how to develop a true self not separate from all things one that can settle in peace in the midst of life By turns humorous philosophical and personal Opening the Hand of Thought is above all a great book for the Buddhist practitioner It s a perfect follow up for the reader who has read Zen Meditation in Plain English and is especially useful for those who have not yet encountered a Zen teacher

The Book of Equanimity Gerry Shishin Wick,2005-03-15 A thought provoking collection of Zen koans culls the wisdom of this influential brand of Buddhism to present a series of teaching stories that present spiritual wisdom in interesting ways Original

Zen Pathways Bret W. Davis,2021-12-13 This book offers an in depth introduction to the philosophy and practice of Zen Buddhism Bret Davis explores the philosophical implications of Zen

teachings and koans comparing and contrasting these with other Asian as well as Western religions and philosophies He relates traditional Zen teachings and practices to our twenty first century lives *Introduction to Zen Koans* James Ishmael Ford, 2018-06-05 An indispensable guide to koans teaching the reader about the importance of lineage the practice of just sitting and koan practice as paths to awakening This marvelous book opens the treasure house of Zen and yet happily does not dispel its mystery James Ford an excellent storyteller and longtime Zen practitioner presents a detailed and beautiful description of the craft of zazen including just sitting and various forms of breath meditation but focuses primarily on koan introspection The power of koans these public cases from China has never ceased to enrich my own experience of Zen They are a medium of exploration of the history culture and view of Zen but most importantly are a medium of awakening James Ford is fundamentally a koan person and for this the book is particularly rich opening the practice of koans in a splendid way I am grateful for his long experience as a teacher and practitioner of this rare and powerful practice Since the word koan has found its way into popular English usage I am grateful too for the more nuanced and fertile view of koans that Ford presents His definition of the word is telling a koan points to something of deep importance and invites us to stand in that place He has also created a wonderful translation of the Heart Sutra Zen's central scripture and carefully opens up the heart of the Heart Sutra through scholarship and practice Rich in textual sources and woven throughout with the perspectives of contemporary teachers *Introduction to Zen Koans* sheds new light on ancient teachings Through it the reader will discover the importance of lineage the traceless traces of the Zen ancestors and the places of just sitting and koan practice as paths to awakening as the great doorways into Zen from the foreword by Joan Halifax **The Essence of Zen** Sekkei Harada, Daigaku Rumme, 2012-08-20 The Essence of Zen is an expert's guided tour of the ins and outs of the tradition's approach to meditation enlightenment and the oneness of all things To read it is to enter into one of modern Japanese Zen's most subtle and sophisticated minds Sekkei Harada skillfully pushes us to drop those parts of ourselves that grasp and make demands regarding our understanding or progress in meditation practice He enables us to see clearly and steer clear of the philosophical stumbling blocks that can make the path precarious The Essence of Zen represents the most succinct of his teachings making it of immediate value to anyone with an interest in Zen The book also contains Harada's explanations of the differences between the tradition's primary schools making it particularly helpful to newcomers Keep Me in Your Heart a While Dosho Port, 2010-10 One of the great pioneers of Zen in America Dainin Katagiri had a teaching style that was at once powerful gentle and sometimes even casual For his student Dosho Mike Port some of Katagiri's most profound teachings came in the simple moments of everyday interactions *Keep Me in Your Heart a While* is built around a series of these vivid truth revealing incidents that evoke the feel of ancient Zen koans Each chapter starts with an encounter with Katagiri and unfolds from there touching on subjects such as the nature and the purpose of Zen the dynamic and working of realization and the evolving relationship between teacher and student In sharing what it was like to train with one of the first generation

of American Zen teachers Dosho Mike Port preserves and revitalizes this incredible path making it available to the next generation of seekers **Sculptum Est Prosa (Volume 2)** Ivan Kireevskii,2018-11-07 This volume explores the range and uses of quotations echoes and allusions drawn from thousands of intertextual instances that Kireevskii has recognized in his work The principal interest of the echoes examined here lies in the revaluation of the poet and the theoretical issues his varied use of them suggests Through echoing Kireevskii embodies and explicates his assertions of continuity in human development his vision of interchange between the mind and nature As a poet he is a person who constantly experiences sees hears suspects hopes and dreams extraordinary things is struck by his own thoughts as if from outside or from above and below as if by his type of events and lightning bolts is perhaps a storm himself pregnant with new lightning and is a fatal person in whose vicinity things are always rumbling growling gaping and acting in uncanny ways Listen very carefully because Kireevskii writes in a very symbolic form and unless you are very alert in reading his words you may miss all the implications The reason why he is so symbolic is that he is so full of new insights and he has so much he desires to share and to give As with a hermit s writings you can always hear something of the echo of the desert something of the whisper and the timid sideways glance of solitude a concealed philosophy where every opinion is also a hiding place every word is also a mask

Coaching Compassion & Leadership Payal Jindal Khanna,2023-12-21 Begin the work today to be fundamentally who you are through compassion Payal in this book masterfully presents the convergence of Buddhist compassion and coaching making it accessible to all Experience the simplicity and causal impact of true coaching an embodiment of our shared humanity The book is a pharos for growthseekers simplifying the ways to leadership excellence ethical considerations of the field and AI Every page of this book brought me peace and reminded me of my purpose as a coach educator and leader In the midst of the chaos and dangers that engulf our days Coaching Compassion Leadership will light your way to a more meaningful existence I found the Noble Truths and HeartCentered Wisdom to deepen both my practice and conversations I am grateful Payal took the time to share her learning and insights for all to read Dr Marcia Reynolds author of Coach the Person Not the Problem **Living Zen, Loving God** Ruben L. F. Habito,2013-02-08 The release of Ruben Habito s new book Living Zen Loving God has coincided with a rave review from Publishers Weekly magazine Habito may not seem himself as a revolutionary but his humble life calling to illuminate the commonalities between Zen Buddhism and Christianity seems a profound gift Habito excels in illuminating the connective spiritual tissue between the two religions while explaining the principles of Buddhism This is an excellent book for readers who want to deepen their understanding of Christianity as well as Buddhism Publishers Weekly Exactly right This wonderful book in its friendly informative tone carefully explains Buddhist ideas from key concepts like Emptiness and The Truth of Suffering to an in depth and enlightening examination of the Heart Sutra all in terms that will help modern Christian practitioners to deepen their faith and Buddhists to revitalize and broaden their perception and understanding This is a book with immense value to anyone interested in interreligious dialogue and

studies and as such has already won accolades from Habito's contemporaries. See below Habito a practicing Catholic and former Jesuit priest as well as an acknowledged Zen master and professor in the School of Theology at Southern Methodist University makes a clear case that Zen practice can deepen a Christian's connection to God further clarify the Gospel teachings of Jesus and enable one to live a more joyous compassionate and socially engaged life. Habito demonstrates that the practice of Zen meditation and even some elements of the Buddhist worldview can enable one to love God more constantly and commit to the service of the Realm of Heaven and the human community more wholeheartedly. Ruben L. F. Habito is the author of numerous publications in both Japanese and English on Zen and Christianity and is a prominent figure in the Buddhist Christian Dialogue. A native of the Philippines, Habito served as a Jesuit priest in Japan under the guidance of the great spiritual pioneer Father Hugo Enomiya Lassalle and studied Zen with renowned teacher Koun Yamada. He lives in Dallas, Texas.

Treasury of the True Dharma Eye Kazuaki Tanahashi, 2013-05-14 The complete English translation of one of the great Zen classics and works of Japanese literature by the founder of the Soto school now in a single volume. 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*.

Trust in Mind Mu Soeng, 2004-06-15 Renowned scholar and commentator Mu Soeng explores the historical and textual nuances of Sengean's famous poem *Trust in Mind*. [The Zen of Helping](#) Andrew Bein, 2008-08-18 Bring compassion, self-awareness, radical acceptance, practitioner presence, and caring to the relationships you have with your patients by utilizing the advice in *The Zen of Helping: Spiritual Principles for Mindful and Open Hearted Practice*. As a mental health professional, you will appreciate the vivid metaphors, case examples, personal anecdotes, quotes, and poems in this book and use them as a spiritual foundation for your professional practice. Connect Zen Buddhism with your human service and address issues like dealing with your own responses to your client's trauma and pain.

Zen Traces Kenneth Kraft, 2018-06-05 As Zen takes root in the West, new forms arise. For centuries, Zen masters have tested their students with koans and capping phrases. A koan is a spiritual paradox that must be solved intuitively. A capping phrase is a trenchant comment. Both are meditative practices that reveal deeper truths about the self and ideally lead to enlightenment. In *Zen Traces*, Buddhist scholar Kenneth Kraft plays off these practices in a new idiom. He selects passages from four sources: traditional Zen, present-day Zen, Henry David Thoreau, and Mark Twain. When a koan-like story about a contemporary Zen teacher is paired with a pithy comment by Mark Twain, something fresh emerges. In this lovely book, Ken

Kraft provides a unique opening for American Buddhism and American wisdom in general. The reader will come to fresh and spacious new insights and enjoyments. Cheers for Zen in America and a deep bow to Ken Kraft. POLLY YOUNG EISENDRATH Ph.D., author of *The Present Heart: A Memoir of Love, Loss, and Discovery*. I highly recommend this delightful book of East-West wisdom, full of surprise, insight, wit, and piercing beauty. KATY BUTLER, author of *Knocking on Heaven's Door: The Path to a Better Way of Death*. The Circle of the Way Barbara O'Brien, 2019-11-12. A comprehensive, accessible guide to the fascinating history of Zen Buddhism, including important figures, schools, foundational texts, practices, and politics. Zen Buddhism has a storied history: Bodhidharma sitting in meditation in a cave for nine years; a would-be disciple cutting off his own arm to get the master's attention; the proliferating schools and intense Dharma combat of the Tang and Song Dynasties; Zen nuns and laypeople holding their own against patriarchal lineages; the appearance of new masters in the Zen schools of Korea, Japan, Vietnam, and later the Western world. In *The Circle of the Way*, Zen practitioner and popular religion writer Barbara O'Brien brings clarity to this huge swath of history by charting a middle way between Zen's traditional lore and the findings of modern historical scholarship. In a clear and often funny style, O'Brien parses fact from fiction while always attending to the greatest interest of contemporary practitioners: the development of Zen doctrine and practice as a living tradition across cultures and centuries.

Whispering the Techniques of Language: An Psychological Quest through **The Art Of Just Sitting Essential Writings On The Zen Practice Of Shikantaza**

In a digitally-driven earth where screens reign great and quick interaction drowns out the subtleties of language, the profound strategies and psychological nuances concealed within words often get unheard. However, located within the pages of **The Art Of Just Sitting Essential Writings On The Zen Practice Of Shikantaza** a charming fictional prize sporting with raw feelings, lies a fantastic quest waiting to be undertaken. Written by a talented wordsmith, that wonderful opus attracts viewers on an introspective trip, gently unraveling the veiled truths and profound affect resonating within ab muscles fabric of each word. Within the psychological depths of this touching review, we shall embark upon a genuine exploration of the book is primary themes, dissect their interesting publishing type, and yield to the powerful resonance it evokes deep within the recesses of readers hearts.

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