

# The Pocket Zen Reader



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Zen has inspired and uplifted the minds of people in all walks of life: artists, poets, and philosophers; political, religious, and military leaders; men and women, young and old. Buddhists from other schools studied the impartial way of Zen. So did followers of other religions, including Confucianists, Taoists, and Shintoists-and, in our own time, Christians and Jews-who used Zen techniques to rediscover their own traditions.

Here are a thousand years of Zen teaching, presented for the modern reader in a way that preserves the dynamic flavor of these talks, sayings, and records of heart-to-heart encounters. From the earliest adepts to the last of the great masters, The Pocket Zen Reader is a compendium of Zen at its best. Here are Zen's principles, purposes, and practices, its perils, pitfalls, and perversions. Self-understanding, methods of meditation, the use of koans, spiritual awakening, and integration with everyday life are all found here in one small volume. This miniature book is an abridgment of Cleary's larger Zen collection, Teachings of Zen.

This book is a collection of quotations from the great Eastern masters of Zen. It has no beginning, middle, or end. The masters talk about the practicalities of Zen realization in many different ways, speaking as they did to different audiences in different times,

but all of them are talking about waking up, seeing for yourself, and standing on your own two feet. Start anywhere; eventually you ll come full circle.-Thomas Cleary

作者介绍:

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