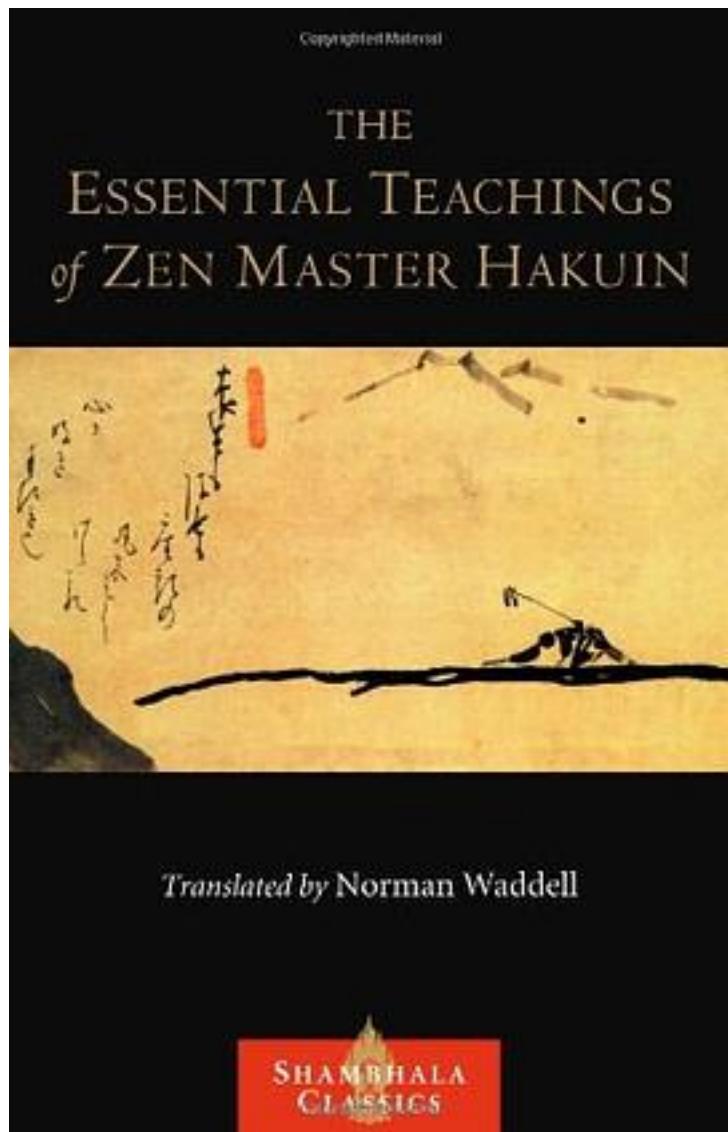


The Essential Teachings of Zen Master Hakuin



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A fiery and intensely dynamic Zen teacher and artist, Hakuin (1685–1768) is credited with almost single-handedly revitalizing Japanese Zen after three hundred years of decline. As a teacher, he placed special emphasis on koan practice, inventing many new koans himself, including the famous “What is the sound of one hand clapping?” As an artist, Hakuin used calligraphy and painting to create “visual Dharma”—teachings that powerfully express the nature of enlightenment. The text translated here offers an excellent introduction to the work of this extraordinary teacher. Hakuin sets forth his vision of authentic Zen teaching and practice, condemning his contemporaries, whom he held responsible for the decline of Zen, and exhorting his students to dedicate themselves to “breaking through the Zen barrier.” Included are reproductions of several of Hakuin’s finest calligraphies and paintings.

作者介绍:

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