



## Zen Buddhism

By Diana St.Ruth, Richard St.Ruth

Kuperard, United Kingdom, 2008. Paperback. Book Condition: New. 164 x 110 mm. Language: English . Brand New Book. THIS BOOK WILL HELP YOU to appreciate the significance of this particular school of Buddhism, famous for its focus on meditation and self-awakening to understand the history of Zen and the Ways of Zen to discover how Zen is a way of life not a belief system to avoid faux pas in conversation, in travelling and in personal relationships Zen (in Chinese, Ch an) is the form of Buddhism which the great teacher Bodhidharma brought to China from India in the late fifth century. Today it is practised mainly in Japan and Korea, . Based upon the understanding that each of us has the potential for complete awakening, Zen is in fact a coalition of practical ways of stilling the mind in order to attain self-knowledge. Because the realization of the true nature of reality, including one's own, is not an intellectual pursuit but an experienced truth, Zen teachers transmit the truth (dharma) from mind to mind or heart to heart without the use of words, using different techniques to break through the limitations of the logical mind. This engaging book...



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