

Zen Heart - Hozumi Gensho Roshi

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This collection of 28 teachings by Zen Master Hozumi Gensho reads like an eloquent Dharma chapbook complete with original works of Zen calligraphy. Hozumi Roshi gently leads the reader through some of the major themes of Buddhism as presented in the Heart Sutra, the Mumonkan (Gateless Gate), the Hekigan-roku (The Blue Cliff Record), and other Zen texts. Ancient and modern masters are also cited along with passages from the Kansan-shi (Poems from Cold Mountain) and the Nanporoku (a handbook on the Way of Tea). Hozumi Roshi's work has long been available in Japan and Germany. This is the first time his teachings are available in English.

These are things we need to know:

- What is Gratitude
- How to Live in the Present, Realizing Wisdom
- Reverence for Life
- Zazen
- The Way of Zen

Readers are sure to be inspired by Hozumi Roshi's simple but penetrating texts to discover their own Zen Hearts.

Author: Gensho Roshi, Hozumi Publisher: Weiser Books
Illustration: N Language: ENG Title: Zen Heart Pages: 00096 (Encrypted EPUB) On Sale: 2004-06-01
SKU-13/ISBN: 9781578632251 Category: Body, Mind & Spirit : Gaia & Earth Energies

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