



Teachings of Zen

Thomas Cleary

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Zen Buddhism emerged in China some fifteen centuries ago and remained the most dynamic and influential spiritual movement in Asia for more than a millennium. Though the teachings of the first Zen masters are sometimes considered innovation, they were actually a return to the core of Buddhist teaching and to an understanding of the importance of the personal experience of enlightenment.

This anthology presents talks, sayings, and records of heart-to-heart encounters to show the essence of Zen teaching through the words of the Zen masters themselves. The selections have been made from the voluminous Zen canon for their accessibility, their clarity, and above all their practical effectiveness in fostering insight.

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