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Q&N: Zen Speaks (Tsai Chih Chung)

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An illustrated adaptation of thirteenth-century Zen Buddhist writings brings together more than one hundred Zen tales that illuminate the spirit and philosophy of Zen. Original. Tour.

This unique introduction to Zen teaching and practice takes the remarkably accessible form of question-and-answer—making it a most useful reference for looking things up. But whether you're a neophyte or a seasoned practitioner, you'll want to read the whole thing. The questioner (Susan Moon) and the answerer (Norman Fischer) are old friends, each with a unique gift for articulation, and their friendly conversation covers not only the basics but a range of issues unique to Zen in America in the twenty-first century, including: • What is zazen and how do you do it? • Where did Zen start and where did it come from? • Will I have an enlightenment experience? • What is the law of karma in a nutshell? • What do Zen Buddhists say about rebirth? • How do you recognize a good, solid Zen teacher?

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A profoundly wise and humorous rendering of the classic Chinese text on military strategy, as told through the delightful Chinese cartoon panels of best-selling author Tsai Chih Chung.

Contains essays by many of the most important twentieth century Japanese philosophers, offering challenging and illumination insights into the nature of Reality as understood by the school of Zen.

Acclaimed as one of the most exciting books in the history of American letters, this modern epic became an instant bestseller upon publication in 1974, transforming a generation and continuing to inspire millions. This 25th Anniversary Quill Edition features a new introduction by the author; important typographical changes; and a Reader's Guide that includes discussion topics, an interview with the author, and letters and documents detailing how this extraordinary book came to be. A narration of a summer motorcycle trip undertaken by a father and his son, the book becomes a personal and philosophical odyssey into fundamental questions of how to live. The narrator's relationship with his son leads to a powerful self-reckoning; the craft of motorcycle maintenance leads to an austere beautiful process for reconciling science, religion, and humanism. Resonant with the confusions of existence, *Zen and the Art of Motorcycle Maintenance* is a touching and transcendent book of life.

1984 is George Orwell's terrifying vision of a totalitarian future in which everything and everyone is slave to a tyrannical regime lead by The Party. Winston Smith works for the Ministry of Truth in London, chief city of Airstrip One. Big Brother stares out from every poster, the Thought Police uncover every act of betrayal. When Winston finds love with Julia, he discovers that life does not have to be dull and deadening, and awakens to new possibilities. Despite the police helicopters that hover and circle

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overhead, Winston and Julia begin to question the Party; they are drawn towards conspiracy. Yet Big Brother will not tolerate dissent - even in the mind. For those with original thoughts they invented Room 101. . .

This collection of Abe's essays is a welcome addition to philosophy and comparative philosophy.

“Enlightenment”—is it a myth or is it real? In every spiritual tradition, inner explorers have discovered that the liberated state is in fact a natural experience, as real as the sensations you are having right now—and that through the investigation of your own thoughts, feelings, and perceptions you can awaken to clear insight and a happiness independent of conditions. For decades, one of the most engaging teachers of our time has illuminated the many dimensions of awakening—but solely at his live retreats and on audio recordings. Now, with *The Science of Enlightenment*, Shinzen Young brings to readers an uncommonly lucid guide to mindfulness meditation for the first time: how it works and how to use it to enhance your cognitive capacities, your kindness and connection with the world, and the richness of all your experiences. As thousands of his students and listeners will confirm, Shinzen is like no other teacher you’ve ever encountered. He merges scientific clarity, a rare grasp of source-language teachings East and West, and a gift for sparking insight through unexpected analogies, illustrations, humor, and firsthand accounts that reveal the inner journey to be as wondrous as any geographical expedition. Join him here to explore: Universal insights spanning Buddhism, Christian and Jewish mysticism, shamanism, the yogas of India, and many other paths How to begin and navigate your own meditation practice Concentration, clarity, and equanimity—the core catalysts of awakening Impermanence—its many aspects and how to work with them Experiencing the “wave” and “particle” natures of self Purification



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and clarification—how we digest mental blockages and habits through inner work Emerging neuroscience research, the future of enlightenment, and much more For meditators of all levels and beliefs—especially those who think they've heard it all—this many-faceted gem will be sure to surprise, provoke, illuminate, and inspire.

The centuries-old wisdom of the Tao, as told through the profoundly wise and delightfully entertaining illustrations of Tsai Chih Chung. In *The Tao Speaks*, Tsai Chih Chung brilliantly retells, through his enchanting and irreverently humorous cartoon panels, the two thousand-year-old text of *Tao Te Ching*, the inspiring classic upon which Taoism is based. Attributed to the great Chinese philosopher Lao-tzu, the *Tao Te Ching* has attracted generations of followers from across the world to its simple tenets of modesty, peace, and realism. According to Lao-tzu, "If we are at peace with ourselves and the world around us, success will come unsought." Advocating poise, serenity, and complete assurance, Lao-tzu teaches men and women to work with nature rather than resist it. *The Tao Speaks* offers the centuries-old wisdom of the Tao to modern readers searching for new ways to bring meaning to life. As with Tsai Chih Chung's previous books, the original Chinese notes are contained in the margins of each page as an aid to scholars and Chinese-speaking readers. "Tsai Chih Chung's books are awe-inspiring. his line is elegant; his characters are sharply drawn; his humor is sly and appropriate; and his subject is profound. This is cartooning of the highest order." -- Larry Gonick, author of *The Cartoon History Of The Universe*, Volumes I and II.