

The Ways of Zen: The Illustrated Library of Chinese Classics 21

The Ways of Zen is a book that explores the history, philosophy, and practice of Zen Buddhism. It is written by Alan Watts, a renowned scholar and writer on Zen Buddhism, and illustrated by Charles Sayers, a renowned artist and calligrapher. The book is divided into three parts: The History of Zen, The Philosophy of Zen, and The Practice of Zen.

The History of Zen

The first part of the book provides a comprehensive overview of the history of Zen Buddhism, from its origins in India to its development in China and Japan. Watts begins by discussing the early Buddhist teachings of the Buddha Shakyamuni, and then traces the development of Zen Buddhism through the teachings of Bodhidharma, Huike, and other early Zen masters. He also discusses the spread of Zen Buddhism to China and Japan, and its influence on Chinese and Japanese culture.



The Ways of Zen (The Illustrated Library of Chinese Classics Book 21) by C. C. Tsai

★★★★★ 5 out of 5

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The Philosophy of Zen

The second part of the book explores the core philosophical principles of Zen Buddhism. Watts discusses the nature of reality, the nature of self, and the nature of enlightenment. He also discusses the importance of meditation, mindfulness, and other Zen practices in the attainment of enlightenment.

The Practice of Zen

The third part of the book provides practical instructions on how to practice Zen Buddhism. Watts provides instructions on meditation, mindfulness, and other Zen practices. He also discusses the importance of a Zen teacher in the practice of Zen Buddhism.

The Ways of Zen is a valuable resource for anyone interested in learning more about Zen Buddhism. It is a comprehensive and well-written to the history, philosophy, and practice of Zen Buddhism, and it is beautifully illustrated with Sayers's artwork.

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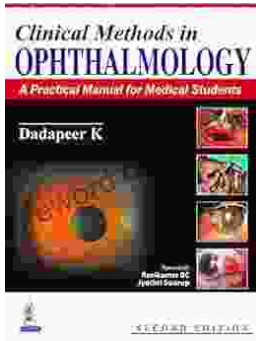
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