

## Mind and Water

A RESEARCHER OF THE  
 UNIVERSITY OF TSUKUBA  
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# Mud And Water A Collection Of Talks By The Zen Master Bassui

**Kodo Sawaki**



## **Mud And Water A Collection Of Talks By The Zen Master Bassui:**

**Mud and Water** Bassui Tokusho, 2013-02-08 The fourteenth century Zen master Bassui was recognized as one of the most important Zen teachers of his time Accessible and eloquent these teachings cut to the heart of the great matter of Zen pointing directly to the importance of seeing our own original nature and recognizing it as Buddhahood itself Bassui is taking familiar concepts in Buddhism and recasting them in an essential Zen light Though he lived centuries ago in a culture vastly different from our own Zen Master Bassui speaks with a voice that spans time and space to address our own modern challenges in our lives and spiritual practice Like the revered Master Dogen several generations before him Bassui was dissatisfied with what passed for Zen training and taught a radically reenergized form of Zen emphasizing deep and direct penetration into one's own true nature And also like Dogen Bassui uses powerful and often poetic language to take familiar Buddhist concepts recast them in a radically non dual Zen light making ancient doctrines vividly relevant This edition of *Mud and Water* contains several teachings never before translated

**Mud and Water** Bassui Tokushō, 1989 Gathers the teachings of a fourteenth century Japanese Zen master concerning the path to spiritual enlightenment [Zen Sourcebook](#) Stephen Addiss, Stanley Lombardo, Judith Roitman, 2008-01-01 Introduction by Paula Arai This is the first collection to offer selections from the foundational texts of the Chinese Korean and Japanese Zen traditions in a single volume Through representative selections from their poetry letters sermons and visual arts the most important Zen Masters provide students with an engaging cohesive introduction to the first 1200 years of this rich and often misunderstood tradition A general introduction and notes provide historical biographical and cultural context a note on translation and a glossary of terms are also included

*The Grass Flute Zen Master: Sodo Yokoyama* Arthur Braverman, 2017-01-10 What motivated Sodo san to spend the last twenty years of his life in a temple under the sky a corner of a public park where he taught passersby what it means to be forever young through the funky tunes he played on his grass flute In *The Grass Flute Zen Master* Sodo Yokoyama we are seeking not only a truer understanding of this well loved monk but of zazen Zen meditation itself In his search for insights into Sodo Yokoyama's life Arthur Braverman skillfully weaves a tapestry from seemingly disparate threads the brief taisho period into which Sodo san was born and where individualism shone his teachers both ancient and contemporary practitioners of Zen Buddhism the monk's love of baseball and the similarities Braverman finds between Sodo san and Walt Whitman who both found the universal in nature Through conversations with Joko Shibata Yokoyama's sole disciple and careful study of his teacher's poetry an intriguing tension between the personal and the universal is revealed *The Grass Flute Zen Master* is a meditative examination not of just one life but of many The lineage of teacher and protegee is traced back through generations contemporaries are drawn up from unexpected places and Braverman examines his own long journey in Zen Buddhism confronting his own expectations and surprising disappointments the monk lived in a boarding house and later took a cab to his park when he could no longer walk the whole way and the understanding and acceptance

that followed When you play the leaf Sodo san once wrote you ll usually be a little out of tune That s where its very charm lies

**Hooked!** Stephanie Kaza,2005-02-08 At one time or another most of us have experienced an all consuming desire for a material object a desire so strong that it seems like we couldn t possibly be happy without buying this thing Yet when we give in to this impulse we often find ourselves feeling frustrated and empty Advertisers of course aim to hook us in this way and from a global perspective our tendency to get hooked fuels the rampant over consumption that is having a devastating impact on the world s stability and on the environment According to the contributors to this unique anthology Buddhism can shed valuable light on our compulsions to consume Craving and attachment how they arise and how to free ourselves of them are central themes of Buddhist thought The writings in this volume most of which have never been previously published offer fresh perspectives and much needed correctives to our society s tendency to believe that having more will make us happier Hooked includes a range of writings on how to apply Buddhist thought and ethics to understand and combat the problem of over consumption as individuals and collectively Contributors include popular Western teachers Asian masters scholars and practitioners such as Pema Ch dr n on what is actually happening at the moment we re hooked and how to get beyond that Joseph Goldstein on how mindfulness training can help us stop wanting to want Bhikshuni Thubten Ch dr n on how consumer mentality influences spiritual practice Judith Simmer Brown on how cultivating spiritually based activism and compassionate action can help us address the negative effects of consumerism Rita Gross on how understanding moderation can curb overconsumption Santikaro Bhikkhu on practicing generosity in a consumer world [Zen-Brain Reflections](#) James H. Austin,2010-09-24 A sequel to the popular Zen and the Brain further explores pivotal points of intersection in Zen Buddhism neuroscience and consciousness arriving at a new synthesis of information from both neuroscience research and Zen studies This sequel to the widely read Zen and the Brain continues James Austin s explorations into the key interrelationships between Zen Buddhism and brain research In Zen Brain Reflections Austin a clinical neurologist researcher and Zen practitioner examines the evolving psychological processes and brain changes associated with the path of long range meditative training Austin draws not only on the latest neuroscience research and new neuroimaging studies but also on Zen literature and his personal experience with alternate states of consciousness Zen Brain Reflections takes up where the earlier book left off It addresses such questions as how do placebos and acupuncture change the brain Can neuroimaging studies localize the sites where our notions of self arise How can the latest brain imaging methods monitor meditators more effectively How do long years of meditative training plus brief enlightened states produce pivotal transformations in the physiology of the brain In many chapters testable hypotheses suggest ways to correlate normal brain functions and meditative training with the phenomena of extraordinary states of consciousness After briefly introducing the topic of Zen and describing recent research into meditation Austin reviews the latest studies on the amygdala frontotemporal interactions and paralimbic extensions of the limbic system He then explores different states of consciousness both the early superficial

absorptions and the later major peak experiences This discussion begins with the states called kensho and satori and includes a fresh analysis of their several different expressions of oneness He points beyond the still more advanced states toward that rare ongoing stage of enlightenment that is manifest as sage wisdom Finally with reference to a delayed moonlight phase of kensho Austin envisions novel links between migraines and metaphors moonlight and mysticism The Zen perspective on the self and consciousness is an ancient one Readers will discover how relevant Zen is to the neurosciences and how each field can illuminate the other

**Roll Around Heaven** Jessica Maxwell, 2009-10-06 Chronicling nearly two decades of Jessica Maxwell's all true accidental spiritual adventure and lled with astonishing stories witty insights and breathtaking revelations Roll Around Heaven will surely inspire each reader to embrace the power of the divine in his or her own life An adventure writer by trade Jessica had never given God a second thought until as she describes it He She It grabbed me by the ear marched me into the divine principal's office and told me to quit goofing off and start paying attention On her amazing journey Jessica travels the globe on magazine sporting assignments only to end up talking about God with Islamic women in Dubai chasing away evil spirits in a Himalayan hotel and receiving Celtic revelations on the holy isle of Iona Jessica soon learns that her earthbound goals are mere day hikes compared to her soaring ascent to heaven on earth Spiced with humor rich with original insight tart with irreverence and sweetened with compassion for the modern pilgrim Roll Around Heaven offers readers a perfect recipe for spiritual success in a chronically baffling world

**Zen Buddhism - Simple Guides** Diana St. Ruth, Richard St. Ruth, 2008-11-01 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 explains the essence of Zen in simple terms It traces its development and looks at its unique methods of teaching such as meditation koans startling paradoxes that stop the intellect the use of texts ceremonies poetry and the martial arts It describes life in monasteries and in the everyday world Because Zen is rooted in Reality its practitioners often experience a delightful sense of wonder in the commonplace This democratic and liberating philosophy does not require us to give up our own traditions but rather helps us to deepen our understanding of them and continues to inspire growing numbers of followers in the West

ACCESS THE WORLD'S RELIGIONS Simple Guides Religion is a series of concise accessible introductions to the world's

major religions Written by experts in the field they offer an engaging and sympathetic description of the key concepts beliefs and practices of different faiths Ideal for spiritual seekers and travellers alike Simple Guides aims to open the doors of perception Together the books provide a reliable compass to the world s great spiritual traditions and a point of reference for further exploration and discovery By offering essential insights into the core values customs and beliefs of different societies they also enable visitors to be aware of the cultural sensibilities of their hosts and to behave in a way that fosters mutual respect and understanding

Walking in Albion Richard Leviton, 2010-04-22 FICTION Take a visionary walk through the cosmos right here on the Earth What if you woke up one morning and realized you are the cosmos all the heavenly realms and gods and a refl ection of God Himself Herself Th at you and the Earth have the same structures of consciousness are made virtually the same Walking in Albion is an amusing passionate fi rst person answer to that It chronicles interactions with the Earth through its sacred sites in a style full of jokes and visions whinges and epiphanies Leviton reports life on the path of the Christed Grail Knight in search of a cosmic spirit called Albion the cosmos in a giant human form the soul of the planet Albion is a picture map of Creation full of lights and palaces and the memories of humanity on Earth since the beginning Join Leviton in an odyssey of meditation and visionary experience from sites in Norway France England and Scotland to America Mexico and Tahiti Oh yes he travels with plenty of sidekicks jokers and wellwishers especially angels Want a freshly conceived meditative spiritual experience that includes the Earth as a prime recipient of your contacts and changes Walking in Albion is an unusual and original approach to the Mysteries of human and Earth a fresh bold way of regarding the authentic Christ not as dogma but experience yours in the theater of the Earth Plus guidelines to relate eff ectively with the geomantic landscape and have fun and insight doing it as you contribute to the Earths well being starting today and begin

**Discovering the True Self** Kodo Sawaki, 2020-10-20 In easy to understand language a 20th century Zen master explains profound teachings from Zen Buddhism offering an essential resource for anyone interested in Zen meditation You can t see your true Self But you can become it Becoming your true Self is zazen Having come of age as an orphan in the slums of Tsu City Japan Kodo Sawaki had to fight his way to adulthood and became one of the most respected Zen masters of the 20th century He had a great understanding of Dogen Zenji s teaching and he knew how to express Dogen s philosophy in clear easily understood language Sawaki s primary mission was to bring all people to an awareness of the Self which he believed came through Zen meditation His humor and straightforward talk garnered Sawaki followers from all walks of life Though he remained poor by choice he was rich in spirit Two of his students who became known in America as well as in Japan were Kosho Uchiyama abbot of Antaiji Temple and author of Opening The Hand of Thought and Gudo Nishijima Zen teacher and translator of Dogen s Shobogenzo A student of Kosho Uchiyama Arthur Braverman has compiled an anthology of Sawaki s writings and a garland of sayings gathered from throughout his lifetime One of a few collections of Sawaki s teachings published in English his life and work bracket the most intriguing and influential period of modern Zen

practice in Japan and America      *Chan Buddhism in Ritual Context* Bernard Faure, 2005-09-27 The essays in this volume attempt to place the Chan and Zen tradition in their ritual and cultural contexts looking at various aspects heretofore largely and unduly ignored In particular they show the extent to which these traditions despite their claim to uniqueness were indebted to larger trends in East Asian Buddhism such as the cults of icons relics and the monastic robe The book emphasises the importance of ritual for a proper understanding of this allegedly anti ritualistic form of Buddhism In doing so it deconstructs the Chan Zen rhetoric of immediacy and its ideological underpinnings      *The Flatbed Sutra of Louie Wing* Ted Biringer, 2009 Near death Louie Wing gathered together his students and friends to impart his final Zen teachings Hearing that the great master would soon pass on people came from all walks of faith to hear his final words The crowd that gathered was too large to fit in any nearby building so Louie Wing spoke from the flatbed of a truck in a wide field These teachings came to be called The Flatbed Sutra of Louie Wing Through this allegorical character of Louie Wing author Ted Biringer brings a life and a force to even the most abstract of Zen teachings Inspired by the Zen classic The Platform Sutra of Hui Neng The Flatbed Sutra of Louie Wing brings an open modern look at the classic philosophy of Zen Driven by the belief that anyone can reach enlightenment this book is made to be accessible for novices and experts alike and includes a glossary short quotes and stories of Louie Wing and an additional commentary on the Genjokoan      *Opening the Hand of Thought* Kosho Uchiyama, 2005-06-10 For over thirty years Opening the Hand of Thought has offered an introduction to Zen Buddhism and meditation unmatched in clarity and power This is the revised edition of Kosho Uchiyama s singularly incisive classic This new edition contains even more useful material new prefaces an index and extended endnotes in addition to a revised glossary As Jisho Warner writes in her preface Opening the Hand of Thought goes directly to the heart of Zen practice showing how Zen Buddhism can be a deep and life sustaining activity She goes on to say Uchiyama looks at what a person is what a self is how to develop a true self not separate from all things one that can settle in peace in the midst of life By turns humorous philosophical and personal Opening the Hand of Thought is above all a great book for the Buddhist practitioner It s a perfect follow up for the reader who has read Zen Meditation in Plain English and is especially useful for those who have not yet encountered a Zen teacher      *Parabola* ,1990      **The Gateless Barrier** ,2016-01-12 The Gateless Barrier is generally acknowledged to be the fundamental koan collection in the literature of Zen Gathered together by Wu men Mumon a thirteenth century master of the Lin chi Rinzai school it is composed of forty eight koans or cases each accompanied by a brief comment and poem by Wu men Robert Aitken one of the premier American Zen masters has translated Wu men s text supplementing the original with his own commentary the first such commentary by a Western master making the profound truths of Zen Buddhism accessible to serious contemporary students and relevant to current social concerns      **Mysticism and the Spiritual Quest** Phyllis Zagano, 2013 A crosscultural exploration of the meanings definitions practices and common themes of mysticism via a study of original texts in translation from different parts of the world It brings together the

writings of the mystics from Christianity Judaism Islam Buddhism Hinduism Taoism and Confucianism in one volume Self, Attitudes, and Emotion Work Christopher Bradley, 2017-09-08 This book is about how Western social psychology interfaces with an Eastern Zen Buddhist perspective It is neither a purely Zen Buddhist critique of the former nor is it merely a social psychological interpretation of Zen Rather it is an attempt to create common ground between each through the systematic comparison of certain shared fundamental concepts and ideas Anglo American social psychology is not much more than a century old despite having its roots in a broad philosophical tradition Alternately the Zen version of Buddhism can trace its historical origins to roughly 1 500 years ago in China Even though the two arose at different times and at first glance appear stridently antithetical the authors show that they share considerable areas of overlap The logic of Zen contemplates the consequences of the taken for granted tyranny created by personal memories and culture These traits common to every culture include hubris greed self centeredness distrust prejudice hatred fear anxiety and violence Social psychology leans more toward a nurture rather than nature explanation for behavior Both areas of research are firmly rooted within the domain of sociological social psychology the processes are also sometimes referred to as learning or conditioning Zen challenges in radical terms key assumptions of both sociology and psychology concerning individual identity human nature and human motivation This stimulating volume will provoke new thoughts about an old tradition and a newer area of scholarly work

**Handbook of Psychotherapy Integration** John C. Norcross, Marvin R. Goldfried, 2005-02-24 Seasoned psychotherapists realize that no single theory or unitary treatment can ever suffice for all patients disorders and situations This volume provides a comprehensive description and illustration of psychotherapy integration by leading proponents Replete with clinical vignettes this unique handbook will be invaluable to practitioners researchers and students alike

**Quiet Room** Arthur Braverman, 2015-12-08 Quiet Room is a collection of Zen poetry by 14th century Zen master Jakushitsu widely considered to be one of the finest poets of the genre The poetry of Rinzai Zen master Jakushitsu remains as fresh and resonant today as when it was written centuries ago Now his brilliant poignant zen poetry carefully translated by Zen practitioner Arthur Braverman is available in English for poetry and Zen enthusiasts to read and savor This the most complete selection of Jakushitsu s work is also put into context by Braverman with thoughtful excerpts from Buddhist scripture and other relevant sources Here we see the full scope of Jakushitsu s timeless thinking and along the way gain a greater understanding of Japanese Zen practice the culture of traditional Japan and of ourselves

**The Old Zen Master** Trevor Leggett, 2009 This book contains stories based on Buddhism and referring to martial arts music chess and incidents in ordinary life Trevor Leggett said I am trying to give a few hints which have helped me and which can be of help to others



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