

[INTRODUCTION TO ZEN BUDDHISM](#)



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First approaching Zen Buddhism can be daunting. A brief history of its development and some of its distinctive characteristics can ease entry to this ancient and sometimes enigmatic practice.

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An Introduction to Zen Buddhism Wikipedia

An Introduction to Zen Buddhism is a 1934 book about Zen Buddhism by Daisetz Teitaro Suzuki. First published in Kyoto by the Eastern Buddhist Society, it was soon published in other nations and languages, with an added preface by Carl Jung. The book has come to be regarded as "one of the most influential books on Zen in the West".

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Manual of Zen Buddhism Introduction

In my Introduction to Zen Buddhism (published 1934), an outline of Zen teaching is sketched, and in The Training of the Zen Monk (1934) a description of the Meditation Hall and its life is given. To complete a triptych the present Manual has been compiled.

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Introduction to Zen Buddhism

Zen is a very quick path. Zen is the path of meditation. The word Zen means emptiness or fullness, meditation. Meditation is the quickest path to enlightenment. According to Zen Buddhist cosmology there are ten thousand different states of mind to view and understand life through.

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