



## Living by Vow: a Practical Introduction to Eight Essential Zen Chants and Texts

By Shohaku Okumura

Wisdom Publications, U.S., United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. This immensely useful book explores Zen's rich tradition of chanted liturgy and the powerful ways that such chants support meditation, expressing and helping us truly uphold our heartfelt vows to live a life of freedom and compassion. Exploring eight of Zen's most essential and universal liturgical texts, *Living by Vow* is a handbook to walking the Zen path, and Shohaku Okumura guides us like an old friend, speaking clearly and directly of the personal meaning and implications of these chants, generously using his experiences to illustrate their practical significance. A scholar of Buddhist literature, he masterfully uncovers the subtle, intricate web of culture and history that permeate these great texts. Esoteric or challenging terms take on vivid, personal meaning, and old familiar phrases gain new poetic resonance.



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