

***The Essential Dogen Writings Of Great Zen Master Kazuaki
Tanahashi***

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Kenshō (見性) is a Japanese term from the Zen tradition. Ken means "seeing," shō means "nature, essence". It is usually translated as "seeing one's (true) nature," that is, the Buddha-nature.. Kenshō is an initial insight or awakening, not full Buddhahood. It is to be followed by further training to deepen this insight, and learn to express it in daily life.

Kenshō - Wikipedia

Editorial Reviews "Carefully and creatively presents techniques that anyone can use to undermine struggle, avoidance, and loss of the moment. Harris systematically explores how we get into the 'happiness trap' and then shines a powerful beacon showing us another way forward."—Steven Hayes, PhD, author of Get Out of Your Mind and Into Your Life ...

Happiness Trap: How to Stop Struggling, Start Living by ...

Zhu Xi ([tʃú ɕí]; Chinese: 朱子; October 18, 1130 – April 23, 1200), also known by his courtesy name Yuanhui (or Zhonghui), and self-titled Hui'an, was a Chinese historian, philosopher, politician, and writer of the Song dynasty. He was a Confucian scholar who founded what later became known as the "learning of principle" or "rationalist" school (lixue 理学) and was the most ...

Zhu Xi - Wikipedia

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