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MANUAL OF ZEN BUDDHISM DAISSETZ TEITARO SUZUKI, D.LITT. Professor of Buddhist Philosophy in the Otani University, Kyoto [1935] Set in pdf by M. G. Sheet, Baghdad, Iraq 2005

Manual of Zen Buddhism: Introduction

Central to Zen is the practice of dhyana or meditation. Origins. The practice of meditation entered into Chinese through the translations of An Shigao (fl. c. 148â€“180 CE), and Kumārajīva (334â€“413 CE), who both translated Dhyāna sutras, which were influential early meditation texts mostly based on the Yogacara meditation teachings of the ...

Zen - Wikipedia

Buddhism is an Indian religion attributed to the teachings of the Buddha, supposedly born Siddhārtha Gautama, and also known as the Tathāgata ("thus-gone") and Sakyamuni ("sage of the Sakyas").

Buddhism - Wikipedia

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The Zen Koan Notebooks - Stephen H. Wolinsky Ph. D.

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