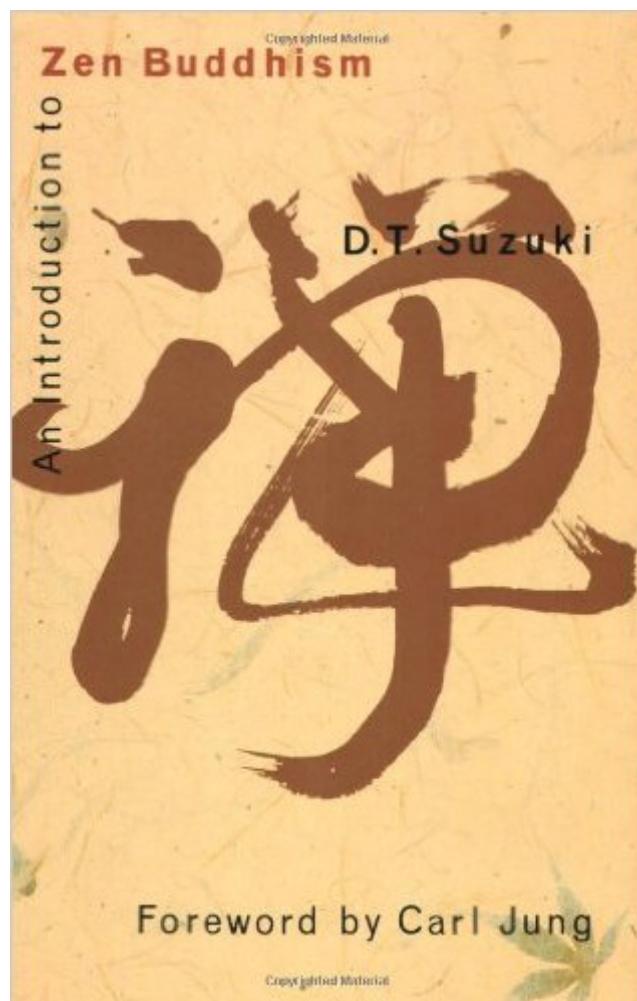


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# An Introduction To Zen Buddhism



## **Synopsis**

One of the world's leading authorities on Zen Buddhism, D. T. Suzuki was the author of more than a hundred works on the subject in both Japanese and English, and was most instrumental in bringing the teachings of Zen Buddhism to the attention of the Western world. Written in a lively, accessible, and straightforward manner, *An Introduction to Zen Buddhism* is illuminating for the serious student and layperson alike. Suzuki provides a complete vision of Zen, which emphasizes self-understanding and enlightenment through many systems of philosophy, psychology, and ethics. With a foreword by the renowned psychiatrist Dr. Carl Jung, this volume has been generally acknowledged a classic introduction to the subject for many years. It provides, along with Suzuki's *Essays and Manual of Zen Buddhism*, a framework for living a balanced and fulfilled existence through Zen.

## **Book Information**

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## **Customer Reviews**

Amazingly my volume of this book was published in 1964 and looking at the preface, the book was created from articles written in Japan in 1914 ... The author states if he can lead the reader to study more of his work he has achieved his goal. This volume will serve to quench the thirst and hunger of any reader who is interested in Zen and it will lead one to try to understand more of the concepts associated with this experience. The introduction is written by Dr. Carl Gustav Jung, who tells us, that the oriental concepts of Tao, satori, and the Buddhist concept of kamma are so different from Western ideas that it is difficult to translate. Yet he gives his highest recommendations to this

volume -- no small matter, from one such as he is... a world famous psychiatrist and psychologist. The Zen texts say "enlightenment" is a natural occurrence, and that it is a state of insight into the nature of self. Jung tells us it is a state of "spiritual reality", that 'satori' is a psychic occurrence. It is a state of 'seeing things differently', a state of "consciousness of the consciousness" ... It is associated with "becoming whole" ... a spiritual experience that is part of consciousness ... but more expansive. Jung considers it is duty to tell Westerners -- it is "the longest of roads" -- "difficulties strew the path" -- "trodden by only a few of our great men" -- it remains for most -- "a beacon on a high mountain, shining out in a haze future". [p.27]D.T. Suzuki in his "Preliminary" describes the two paths of Buddhism, the Lesser Vehicle and Higher Vehicle. "Personal experience is everything in Zen." [p.33]"No amount of meditation will keep Zen in one place." [p.

Picasso said, "People don't realize what they have when they own a picture by me. Each picture is a phial with my blood. That is what has gone into it." When I read this book, I get the similar sense. The life jumps around. Creative energy flows as he indicates that Zen is the most important thing in life. I read this book perhaps twenty years ago, and when I reread this now, it is as fresh if not much fresher than before. As we grow, our perspective in life changes. But because of that, I recommend any reader to "try" to get the essence of this book, keep this, and revisit this book later in his life. Perhaps, the light of awakening may strike us to reveal life's secret. As Daisetz knows that it is like committing a crime to use words to write about Zen, we, readers, may well miss the mark to get the point for the first few readings. Yet, his compassion made him to spend his whole life dedicated to do this difficult job - to communicate the message. Personally, I have read more than thousands of pages of Daisetz both in Japanese and in English. Not just his writing, but his personality is revealed and attracted me as I talked with a person like Ms. Mihoko Okamura, Daisetz's personal secretary/companion in his later years. I hope that the essence of Zen, or for that matter, the essence of life is communicated through this book for us to benefit from and for us to live the life as it is meant to be. To help capture the point, here are few quotes collected from the book: - Zen is the spirit of a man. - The discipline of Zen consists in opening the mental eye..into the very reason of existence. - Zen wants to rise above logic. - Zen defies all concept-making.

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