

amazon com two zen classics mumonkan and hekiganroku - *the strange verbal paradoxes called koans have been used in zen training to help students attain a direct realization of truths inexpressible in words the two works translated in this book mumonkan gateless gate and hekiganroku blue cliff record both compiled during the song dynasty in china are the best known and most frequently studied koan collections and are classics of zen, amazon com the gateless gate the classic book of zen* - *the gateless gate the classic book of zen koans and millions of other books are available for amazon kindle learn more, blue cliff record wikipedia* - *later developments yuanwu s successor dahui zonggao 1089 1163 wrote many letters to lay students teaching the practice of concentrating on koans during meditation but dahui did not explain and analyze koans oral tradition holds that dahui noticed students engaged in too much intellectual discourse on koans and then burned the wooden blocks used to print the blue cliff record to, short staff jo cane zhang jo do aikijo jojutsu gun* - *way of the short staff self defense arts and fitness exercises using a short wooden staff cane walking stick jo zhang guai gun four foot staff hiking staff whip*

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