

1. Record Nr.	UNINA9910782332703321
Autore	Shengyan <1930-2009.>
Titolo	Hoofprint of the ox [[electronic resource] ] : principles of the Chan Buddhist path as taught by a modern Chinese Master // Master Sheng-Yen with Dan Stevenson
Pubbl/distr/stampa	Oxford ; ; New York, : Oxford University Press, 2002, c2001
ISBN	0-19-773951-2 1-280-83769-1 9786610837694 0-19-803131-9
Descrizione fisica	1 online resource (257 p.)
Altri autori (Persone)	StevensonDaniel B. <1952->
Disciplina	294.3927
Soggetti	Zen Buddhism Zen meditations
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references ([p. 223]-228) and index.
Nota di contenuto	Contents; Preface; Acknowledgments; Introduction to Master Sheng-yen; I: Introduction: Chan and Buddhist Meditations; II: The Three Disciplines in the Graduated Path of Practice; III: The Direct and Sudden Approach of Chan; Notes; Index
Sommario/riassunto	Revered by Buddhists in the United States and China, contemporary Master Sheng-yen shares his wisdom and teachings in this first comprehensive English primer of Chan, the Chinese tradition of Buddhism that inspired Japanese Zen. Often misunderstood as a system of mind games, the Chan path involves a process of self-transformation grounded in carefully hewn spiritual disciplines and premises. Master Sheng-yen provides an unprecedented understanding of Chan, its precepts, and its practice. Beginning with a basic overview of Buddhism and meditation, the book then details the progressive mental ex