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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