

1. Record Nr.	UNINA9910462674403321
Autore	OImori Solgen <1904-, >
Titolo	An introduction to Zen training : a translation of Sanzen nyumon // Omori Sogen ; introduction by Trevor Leggett ; translated by Dogen Hosokawa, Roy Yoshimoto
Pubbl/distr/stampa	London ; ; New York : , : Routledge, , 2011
ISBN	0-203-03883-5 1-283-83867-2 1-136-16726-9
Edizione	[1st English ed.]
Descrizione fisica	1 online resource (311 p.)
Altri autori (Persone)	HosokawaDolgen LeggettTrevor YoshimotoRoy
Disciplina	294.3/443
Soggetti	Meditation - Buddhism Zen meditations Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	"First published in 2003 by Kegan Paul International"--T.p. verso.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; An Introduction to Zen Training: A Translation of Sanzen Nyumon; Copyright; Table of Contents; Acknowledgements; Canon; Foreword to the English Edition; Introduction; Preface; Chapter 1. Why Do Zazen; To Know Our True Self; Now, Here and I; Chapter 2. The Aim of Zazen; Types of Zazen; Mistaken Aims; What Is Zazen?; The Four Relationships Between Sitting and Zen; Chapter 3. How to Sit in Zen Meditation; Preparation Before Sitting; Adjusting the Body; Adjusting the Breath; Adjusting the Mind; Illustrations of the Unification of Mind, Breath, and Body Chapter 4. Things to Pay Attention to During Meditation Advisability of Putting Strength in the Hara; On Mitnen Mitso (No Thought and No Thinking); The Direction of Zazen; How Long Should We Sit?; Continue Training Long and Steadily; Selecting Your Teacher; On Makyo (Disturbing Conditions); How to Get to Your Feet After Sitting; Kufu in Movement-Practical Training; Zazen Without Sitting; Samadhi and Attachment; Sit Hard and Sit a Great Deal; The Rinzai Sect and the Soto

Sect; Discipline and Proof; Zen Associations; Chapter 5. Physiological Effects; In Serenity Beyond Life and Death  
Dying in Meditation Every Day a Good Day; Playing in Samadhi; Solitary Sitter: Great Sublime Peak; A Clear Wind Arising in Every Step of Our Feet; Standing Up in Response; Coming Without Any Sound; Being Unborn; Waiting in Hell; Chapter 6. Zazen Wasan (A Song of Zazen); Chapter 7. The Ten Oxherding Pictures; Epilogue; Appendices; Notes; Lineage; Glossary; Index

**Sommario/riassunto**

When Buddha Said that We suffer because of our attachments, he was describing the condition in which we view the world from the perspective of our ego, that part of us that sags fundamentally we are each individual, apart from all that surrounds us. Buddhism in general is a religion that leads to a deeper perspective, that all existence is part of the Whole. While many people find that a meaningful belief, Zen Buddhism takes a slightly different position: don't believe a lofty religious ideal. All of you - flesh and blood, thoughts and emotions - can experience the Whole directly at all tim

2. Record Nr.	UNISALENTO991004004689707536
Autore	Di Bello, Carlo
Titolo	Biomateriali : dalla scienza dei materiali alle applicazioni cliniche / Carlo Di Bello, Andrea Bagno
Pubbl/distr/stampa	Bologna : Patron, c2016
ISBN	9788855533324
Edizione	[2. ed.]
Descrizione fisica	371 p. : ill. ; 24 cm
Collana	Collana di Ingegneria biomedica ; 9
Altri autori (Persone)	Bagno, Andreaauthor
Disciplina	611.018 610.28
Soggetti	Biomedical engineering
Lingua di pubblicazione	Italiano
Formato	Materiale a stampa
Livello bibliografico	Monografia

3. Record Nr.	UNIORUON00081197
Autore	Farah, Nuruddin
Titolo	Sardine / Nuruddin Farah ; a cura di Itala Vivan
Pubbl/distr/stampa	xxii, 272 p. ; 20 cm
Titolo uniforme	Sardines
ISBN	88-7910-709-7
Edizione	[Roma : Edizioni Lavoro]
Descrizione fisica	Tit. orig.: Sardines
Disciplina	893.5
Soggetti	ROMANZI SOMALI (lett. anglofona) - Traduzioni italiane
Lingua di pubblicazione	Italiano
Formato	Materiale a stampa
Livello bibliografico	Monografia