

Empty Mirror Experiences In A Japanese Zen Monastery

Niels Birbaumer and Jörg Zittlau

Empty Mirror Experiences In A Japanese Zen Monastery:

The Empty Mirror Janwillem van de Wetering, 1999-04-15 Seen by many as a contemporary classic Janwillem van de Wetering s small and admirable memoir records the experiences of a young Dutch student later a widely celebrated mystery writer who spent a year and a half as a novice monk in a Japanese Zen Buddhist monastery As Chogyam Trungpa Rinpoche author of Cutting Through Spiritual Materialism has written The Empty Mirror should be very encouraging for other Western seekers It is the first book in a trilogy that continues with A Glimpse of Nothingness and Afterzen **Empty Mirror** The Empty Mirror Janwillem Van de Wetering, 1981-04-02 The Empty Mirror Janwillem van Janwillem Van, 1983-01-03 de Wetering, 2014-07-01 Seen by many as a contemporary classic Janwillem van de Wetering s small and admirable memoir records the experiences of a young Dutch student later a widely celebrated mystery writer who spent a year and a half as a novice monk in a Japanese Zen Buddhist monastery As Chogyam Trungpa Rinpoche author of Cutting Through Spiritual Materialism has written The Empty Mirror should be very encouraging for other Western seekers It is the first book in a trilogy that continues with A Glimpse of Nothingness and Afterzen **Empty Shield** Giacomo Donis, 2021-05-20 A people s history and the horror of war Howard Zinn meets Apocalypse Now Political autobiography March 1972 about to graduate from NYU A journey two days and nights in the New York subway Love it or leave it A decision become a Great Academic Marxist blow up the Williamsburg Bridge go into exile Vietnam Veterans with placards for and against the war Seven placard men at the seven gates of Thebes brandishing their shields A decision Political or personal Or pure Zen Mind or no mind Kill for peace Dylan Hendrix or the Fugs The two Suzukis or Dogen Monk and Coltrane The relation between Hegel's logic of thinking as such and his logic of practice which does not exist The screech of the subway stops A fork where three roads cross the realm of shadows what is to be done A Chinese menu Stab it Stab it with your fork But what I myself decide is not the point The point is the question of what a decision is and what making a decision means The answer is never stop asking Ask yourself Ask FDR JFK LBJ McNamara and his band John Kerry or a Vietnam War veteran of your choice Ask Nixon Kissinger Trump Ask Trump Ye great decision makers have you ever asked yourselves what a decision is and what making a decision means That is the question The Empty Shield asks it Repeatedly repetitiously abysally and possibly once and for all

Journeys of Transformation John D. Barbour, 2022-03-31 Western Buddhist travel narratives are autobiographical accounts of a journey to a Buddhist culture Dozens of such narratives have since the 1970s describe treks in Tibet periods of residence in a Zen monastery pilgrimages to Buddhist sites and teachers and other Asian odysseys The best known of these works is Peter Matthiessen's The Snow Leopard further reflections emerge from thirty writers including John Blofeld Jan Van de Wetering Thomas Merton Oliver Statler Robert Thurman Gretel Ehrlich and Bill Porter The Buddhist concept of no self helps these authors interpret certain pivotal experiences of unselfing and is also a catalyst that provokes and enables such events The writers spiritual memoirs describe how their journeys brought about a new understanding of Buddhist

enlightenment and so transformed their lives Showing how travel can elicit self transformation this book is a compelling exploration of the journeys and religious changes of both individuals and Buddhism itself The Zen Monastic Experience Robert E. Buswell, Jr.,2020-07-21 Robert Buswell a Buddhist scholar who spent five years as a Zen monk in Korea draws on personal experience in this insightful account of day to day Zen monastic practice In discussing the activities of the postulants the meditation monks the teachers and administrators and the support monks of the monastery of Songgwang sa Buswell reveals a religious tradition that differs radically from the stereotype prevalent in the West The author's treatment lucidly relates contemporary Zen practice to the historical development of the tradition and to Korean history more generally and his portrayal of the life of modern Zen monks in Korea provides an innovative and provocative look at Zen from the inside

A Glimpse of Nothingness Janwillem van de Wetering, 2014-07-01 In A Glimpse of Nothingness celebrated mystery novelist Janwillem van de Wetering offers a sequel to his earlier memoir The Empty Mirror which concerned the author s experiences at a Zen monastery in Japan in the middle 1960s Originally published in 1975 A Glimpse of Nothingness chronicles van de Wetering s time at the Moon Springs Hermitage in Maine The book offers a complete and compelling description of the Zen path pursued by one sensitive Westerner who began his guest by seeking for the sense of it all and who eventually came to realize at least a part of it The follow up to this book is van de Wetering's Afterzen Happy Brain Niels Birbaumer and Jörg Zittlau, **The Silence of Falling Snow** Kristjana Gunnars, 2025-09-30 From an innovator of autofiction comes a meditation on grief care Buddhism and artmaking This is a story It is a story about someone accompanying another to the last gate Years ago Kristjana Gunnars took her husband back to his home in Oslo to die Through the dark cold days she tends to his needs as she feels her own self disintegrating Later as she looks back to this slow departure of the man she loved she weaves together threads from her own life reflections on the thoughts of Gautama Buddha discussions of Renaissance art and considerations of contemporary artists Engaging with thinkers as varied as Ingmar Bergman and Jacques Derrida Henry David Thoreau and Ursula K Le Guin Gunnars one of the earliest practitioners of autofiction crafts a new kind of hybrid text with elements of memoir lyrical essay Buddhist teachings poetics art theory and meditation The Silence of Falling Snow is a deep dive into grief the way we circle around it dipping in and out of the pain finding comfort in art and philosophy and religion where we can It s an intellectual cabaret a Buddhist primer and a pointillist portrait of grief above all it s the consoling and invigorating reflection we need in this moment The Encyclopedia of Eastern Philosophy and Religion Gert Woerner, Stephan Schuhmacher, 1994-05-10 With more than four thousand entries and over one hundred illustrations this encyclopedia offers a complete survey of the four major religious traditions of Asia It is designed not only for students and scholars but also to help general readers find their way through the thicket of unfamiliar words and concepts that are often encountered today in various fields such as the health professions psychotherapy the sciences and the media Among the subjects covered are Important terms such as chakra karma koan

nirvana tantra Tao and yin yang The lives and teachings of mystics philosophers and masters of meditation Basic texts and scriptures Sects and schools of thought Mythological figures and events In addition pronunciation tables a comprehensive bibliography and a Ch an Zen Lineage Chart are provided The Buddha-Christ as the Lord of the True Self Fritz Buri, 1997 This translation of a 1982 volume published in Bern Paul Haupt Verlag by a Swiss theologian with a longstanding interest in dialogue between Buddhism and Christianity features an examination of the Kyoto school of Japanese philosophers who attempted to engage with both Christianity and secular Wes The Japanese Corpse Janwillem van de Wetering, 2003-04-01 The fifth Amsterdam Cops mystery A beautiful waitress at Amsterdam's most elegant Japanese restaurant reports that her boyfriend a Japanese art dealer is missing The police search throughout the Netherlands and finally locate a corpse But to find the killer the commissaris and de Gier must travel to Japan and match wits with a yakuza Zen-Life Evgeny Steiner, 2014-06-26 This book examines Japanese culture of the Muromachi epoch 14 chieftain in his lair 16 centuries with Ikky S jun 1394 1481 as its focal point Ikky s contribution to the culture of his time was all embracing and unique He can be called the embodiment of his era given that all the features typical for the Japanese culture of the High Middle Ages were concentrated in his personality This multidisciplinary study of Ikky s artistic religious and philosophical heritage reconstructs his creative mentality and his way of life The aesthetics and art of Ikky are shown against a broad historical background Much emphasis is given to Ikky s interpretation of Zen The book discusses in great detail Ikky s religious and ethical principles as well as his attitude towards sex and shows that his rebellious and iconoclastic ways were deeply embedded in the tradition The book pulls together materials from cultural and religious history with literary and visual artistic texts and offers a multifaceted view on Ikky as well as on the cultural life of the Muromachi period This approach ensures that the book will be interesting for art historians historians of literature and religion and specialists in cultural and visual studies Tenryu-ji Norris Brock Johnson, 2012-05-15 A major Japanese Zen temple viewed through its monks gardens meditation and art Daitokuji Gregory P. A. Levine, 2005 The Zen Buddhist monastery Daitokuji in Kyoto has long been revered as a cloistered meditation centre a repository of art treasures and a wellspring of the Zen aesthetic Gregory Levine's Daitokuji unsettles these conventional notions with groundbreaking inquiry into the significant and surprising visual and social identities of sculpture painting and calligraphy associated with this fourteenth century monastery and its enduring monastic and lay communities The book begins with a study of Zen portraiture at Daitokuji that reveals the precariousness of portrait likeness the face that gazes out from an abbot s painting or statue may not be who we expect it to be or submit quietly to interpretation By tracing the life of Daitokuji s famed statue of the chanoyu patriarch Sen no Riky u 1522 91 which was all but destroyed by the ruler Toyotomi Hideyoshi 1537 98 but survived in Rash omon like narratives and reconstituted sculptural forms Levine throws light upon the contested status of images and their mytho poetic potential Levine then draws from the seventeenth century journal of K ogetsu S ogan Bokuseki no utsushi to explore practices of

calligraphy connoisseurship at Daitokuji and the pivotal role played by the monastery s abbots within Kyoto art circles The book s final section explores Daitokuji s annual airings of temple treasures not merely as a practice geared toward preservation but also as a space in which different communities vie for authority over the artistic past An epilogue follows the peripatetic journey of the monastery's scrolls of the 500 Luohan from China to Japan to exhibition and partial sale in the West and back to Daitokuji Illuminating canonical and heretofore ignored works and mining a trove of documents diaries and modern writings Levine argues for the plurality of Daitokuji s visual arts and the breadth of social and ritual circumstances of art making and viewing within the monastery This diversity encourages reconsideration of stereotyped notions of Zen art and offers specialists and general readers alike opportunity to explore the fertile and sometimes volatile nexus of the visual arts and religious sites in Japan How to Reach Japan by Subway Meghan Warner Mettler, 2018-06 Japan s official surrender to the United States in 1945 brought to an end one of the most bitter and brutal military conflicts of the twentieth century U S government officials then faced the task of transforming Japan from enemy to ally not only in top level diplomatic relations but also in the minds of the American public Only ten years after World War II this transformation became a success as middle class American consumers across the country were embracing Japanese architecture films hobbies philosophy and religion Cultural institutions on both sides of the Pacific along with American tastemakers promoted a new image of Japan in keeping with State Department goals Focusing on traditions instead of modern realities Americans came to view Japan as a nation that was sophisticated and beautiful yet locked harmlessly in a timeless Oriental past What ultimately led many Americans to embrace Japanese culture was a desire to appear affluent and properly tasteful in the status conscious suburbs of the 1950s In How to Reach Japan by Subway Meghan Warner Mettler studies the shibui phenomenon in which middle class American consumers embraced Japanese culture while still exoticizing this new aesthetic By examining shibui through the popularity of samurai movies ikebana flower arrangement bonsai cultivation home and garden design and Zen Buddhism Mettler provides a new context and perspective for understanding how Americans encountered a foreign nation in their everyday lives Pedagogy and the Practice of Science David Kaiser, 2005 Studies examining the ways in which the training of engineers and scientists shapes their research strategies and scientific identities **Buddhist Psychotherapy** Matthias Ennenbach, 2015-02-16 The very first systematic work on Buddhist Psychotherapy integrating psychological medical and psychosomatic knowledge of Western culture including largely unknown Buddhist practices This practical work offers instructions inspiration and help for professionals in the fields of psychotherapy and counseling as well as for a broad readership interested in psychotherapy Buddhism or human functioning and personal development in general The Streetbird Janwillem van de Wetering, 2003-07-01 The ninth Amsterdam Cops mystery Sergeant de Gier spots a vulture at the scene of a murder in Amsterdam's red light district The victim a despicable and widely hated pimp is now only a police matter to be disposed of with typical Dutch tidiness However once Grijpstra de Gier and the canny commissaris get involved

their search leads to a denouement infinitely more shocking than the crime itself

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