

 TEACH YOURSELF BOOKS

Christmas Humphreys

ZEN



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ZEN

Zen is the flower of Buddhism ; beneath it lies a great tree of the developed doctrine, practice and culture, of the different schools of Buddhism ; and beneath the tree are the roots, the basic principles which are common to all schools.

This book is an important contribution to the understanding of Zen ; it begins by discussing the basic doctrine of Buddhism and the expanded principles of Mahayana Buddhism. Having described the background to the Zen School of Buddhism, the book then turns to Zen itself and examines the actual process of self-training towards the Zen experience of Reality.

Christmas Humphreys, the author of several books on Buddhism, has written an introduction to Zen which not only explains but also points the way to achieving an actual consciousness of the Zen experience.

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