  
  *This superb anthology, the largest and most comprehensive of its kind to appear in English, is the work of an American poet and a Japanese scholar.*

**Painting**

• Awakawa, Yasuichi. *Zen Painting*
  
  Art –Stack 759.952
  
  *The collection of ink paintings reproduced here brings Zen directly to the eye with wild spontaneity, irreverence and humour. The conciseness of the paintings transforms familiar things into raw, essential forms -- these paintings by both professional artists and priest-painters bear witness to Zen in a way that words cannot.*

• Brinker, Helmut. *Zen in the Art of Painting*
  
  Art –Stack 759.951
  
  *Although this book honours D.T. Suzuki’s traditional use of Zen language, it offers a thorough scientific examination of Japanese paintings, many of them studied in situ, resulting in a successful and most helpful presentation of Zen works of art in their original context.*

• Sōgen, Ōmori. *Zen and the Art of Calligraphy: The Essence of Sho*
  
  Art –Stack 745.6
  
  *The late Zen master Omori Sogen introduces the reader to the essentials of Zen calligraphy and presents an overwhelming collection of enlightened calligraphy done by monks, nuns and layman. The selected works cover the major subjects of Zen art: enso, ichi, ichigyo, and Bodhidharma.*

**Gardens**

  
  Art –Stack 712
  
  *Ito captures the Zen spirit and philosophy behind this unique cultural form. The precise plans and magnificent photographs (40 of them in colour) reveal in detail the structure and patterns of the most noted gardens in Japan.*

---

**Zen**

**Leeds Central Library Research Guide**

Our Research Guides list some of the most useful, interesting and unique items at *Leeds Central Library*, many drawn from our *Special Collections*. Others are listed in our online catalogues.

**Contact us for more information:**

Visit: [leeds.gov.uk/leisure/pages/information-and-research-library](http://leeds.gov.uk/leisure/pages/information-and-research-library)

Email: [informationandresearch@leeds.gov.uk](mailto:informationandresearch@leeds.gov.uk)

Tel. (0113) 378 7018

Blog: [www.secretlibraryleeds.net](http://www.secretlibraryleeds.net)

“A mind full of preconceived ideas, subjective intentions, or habits is not open to things as they are.”

— Shunryu Suzuki,

*Zen Mind, Beginner’s Mind*
Listed here are just some of the many books in the Central Library about Zen Buddhism and its influence in the arts. All are located in either the Information & Research or Art departments.

**Introductory Texts**

  One of the twentieth century’s leading works on Zen, and a valuable source for those wishing to understand its concepts in the context of Japanese life and art. In simple, often poetic, language, Daisetz Suzuki describes what Zen is, how it evolved, and how its emphasis on primitive simplicity and self-effacement have helped to shape an aesthetic found throughout Japanese culture.

  Illustrated by vivid accounts of the experiences of Zen masters and written exclusively from the original Chinese source, this text gives step-by-step instruction in Zen practice and meditation.

  Through explorations of the three pillars of Zen - teaching, practice, and enlightenment - Roshi Philip Kapleau presents a comprehensive overview of the history and discipline of Zen Buddhism.

  Believing that Buddhist teachings and traditional ceremonies should be adapted to twentieth-century life-styles, Kapleau presents an introduction to the philosophy and practice of Zen written especially for Western readers.

- Kasulis, Thomas P. *Zen Action, Zen Person* I&R –294.3/KAS
  For the thoughtful Westerner this must be one of the most clear and perceptive accounts of Zen available. Thoroughly new is Kasulis’ attempt to locate the Zen understanding of the person in secular Japanese assumptions.

  One of the first books to introduce the basic foundation of Zen Buddhism to English-speaking audiences. Watts describes, in plain language but without robbing the subject of its provocative subtlety, how one can prepare for a life of Zen.

  This book is the result of the author’s six year quest to learn archery in the hands of Japanese Zen masters. It is an honest account of one man’s journey to complete abandonment of ‘the self’ and the Western principles that we use to define ourselves.

**Writings**

  These one hundred koans are more than mere anecdotes of historical or philosophical interest. They are the living record of generations of enlightened practice.

  This volume is intended as a general introduction to Hakuin. It contains a brief account of Hakuin, and of Rinzai Zen in Japan. It also contains three writings by Hakuin, and an appendix listing and describing Hakuin’s work. The three pieces (Oretegama, Hebiichigo and Yabukōji) are letters to acquaintances of Hakuin. Although written in the form of letters, they are sermons primarily dealing with Zen.

  First compiled in 16th and 17th century Japan, the sayings range from profound to mystifying to comical. A Zen Forest is, according to Gary Snyder, ‘the meeting place of the highest and the most humble: the great poets and the old women’s sayings.’

**Poetry**

- Ryokan. *One robe, one bowl: the Zen poetry of Ryokan* I&R –895/RYO
  Although the hermit-monk, Ryokan, was born in eighteenth-century Japan, his extraordinary poems capture in a few luminous phrases both the beauty and the pathos of human life and reach beyond time and place.

- Blyth, R.H. *Haiku in four volumes* I&R –895.6/BLY
  Zen master D.T. Suzuki described Blyth as ‘One of the most eminent exponents of Japanese culture’, and Blyth’s fervent studies on Haiku, Japanese Humour and Zen are ‘unique contributions towards East-West understanding.’

- Blyth, R.H. *Zen in English Literature & Oriental Classics* I&R –809/BLY
  It was R.H Blyth’s belief that ‘all that is good in European literature and culture is simply and solely that which is in accordance with the Spirit of Zen.’ He thereafter applied himself to the task of searching the writings of East and West in an attempt to discover that Spirit.