

- Stryk, Lucien and Ikemoto, Takashi. The Penguin Book of Zen Poetry I&R –895.6/ZEN

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.

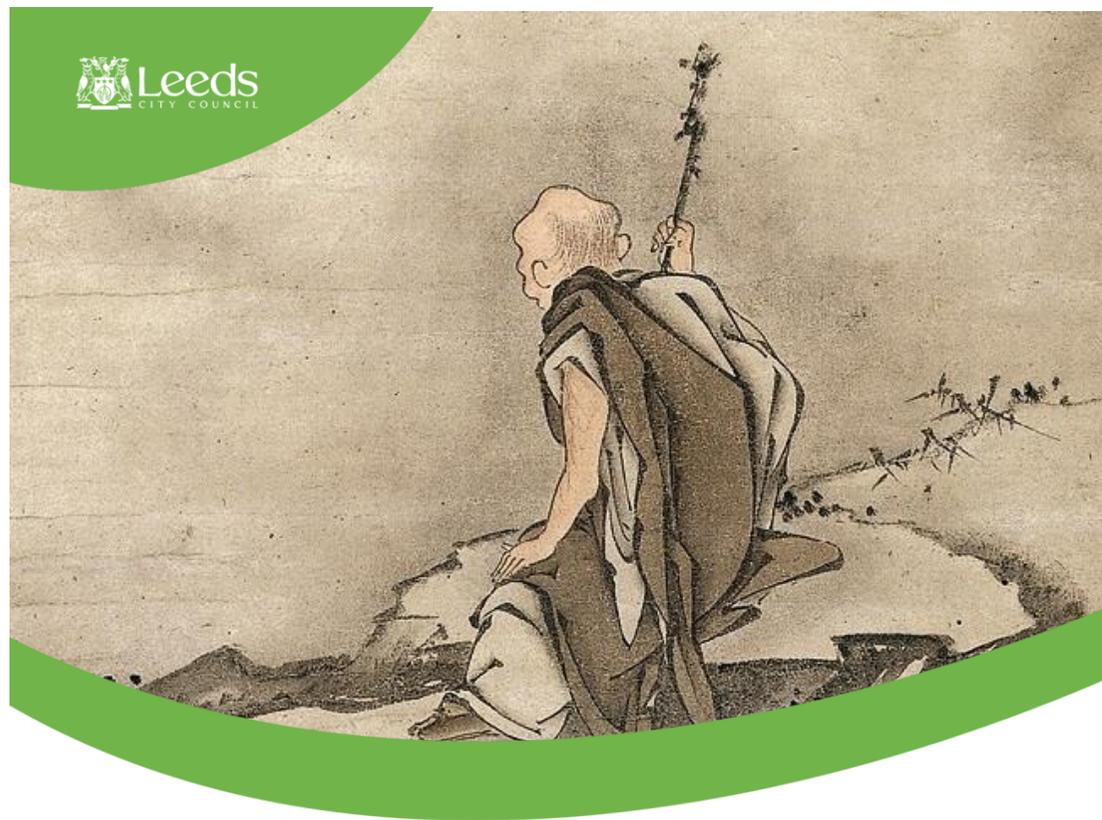
- Sōgen, Ōmori. Zen and the Art of Calligraphy: The Essence of Sho Art –Stack 745.6

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

- Ito, Teiji. The Japanese Garden: An Approach to Nature 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

Email: informationandresearch@leeds.gov.uk

Tel. (0113) 378 7018

Blog: 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 of the 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

- Suzuki, Daisetz Teitaro. Zen and Japanese Culture I&R –294.39/SUZ
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.
- Chang, Che'eng Chi. The Practice of Zen I&R –294.39/CHA
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.
- Kapleau, Philip. The Three Pillars of Zen I&R –294.39/THR
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.
- Kapleau, Philip. Zen: Dawn in the West I&R –294.3/THR
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.
- Watts, Alan. The Spirit of Zen: A Way of Life, Work and Art in the Far East I&R –294.39/WAT
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.
- Herrigel, Eugen. Zen in the Art of Archery I&R –294.39/WAT
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

- Shaw, R.D.M. The Blue Cliff Records: The Hekigan Roku I&R –294.39/HEK
These one hundred koans are more than mere anecdotes of historical or philosophical interest. They are the living record of generations of enlightened practice.
- Hakuin Zenji. Zen Master Hakuin: Selected Writings I&R –294.39/HAK
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 (Oretagama, Hebiichigo and Yabukōji) are letters to acquaintances of Hakuin. Although written in the form of letters, they are sermons primarily dealing with Zen.
- Shigematsu, Sōiku. A Zen Forest: Sayings of the Masters I&R –294.3/SHI
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.