

## Reconsidering Zen Samurai And The Martial Arts

This work will become not only the newly definitive study of Kurosawa, but will redefine the field of Japanese cinema studies, particularly as the field exists in the west.

The samurai radicals who overthrew the last shogun in 1868 promised to restore ancient and pure Japanese ways. Foreign observers were terrified that Japan would lapse into violent xenophobia. But the new Meiji government took an opposite course. It copied best practices from around the world, building a powerful and modern Japanese nation with the help of European and American advisors. While revering the Japanese past, the Meiji government boldly embraced the foreign and the new. What explains this paradox? How could Japan's 1868 revolution be both modern and traditional, both xenophobic and cosmopolitan? *To Stand with the Nations of the World* explains the paradox of the Restoration through the forces of globalization. The Meiji Restoration was part of the global "long nineteenth century" during which ambitious nation states like Japan, Britain, Germany, and the United States challenged the world's great multi-ethnic empires--Ottoman, Qing, Romanov, and Hapsburg. Japan's leaders wanted to celebrate Japanese uniqueness, but they also sought international recognition. Rather than simply mimic world powers like Britain, they sought to make Japan distinctly Japanese in the same way that Britain was distinctly British. Rather than sing "God Save the King," they created a Japanese national anthem with lyrics from ancient poetry, but Western-style music. The Restoration also resonated with Japan's ancient past. In the 600s and 700s, Japan was threatened by the Tang dynasty, a dynasty as powerful as the Roman empire. In order to resist the Tang, Japanese leaders borrowed Tang methods, building a centralized Japanese state on Tang models, and learning continental science and technology. As in the 1800s, Japan co-opted international norms while insisting on Japanese distinctiveness. When confronting globalization in 1800s, Japan looked back to that "ancient globalization" of the 600s and 700s. The ancient past was therefore not remote or distant, but immediate and vital.

Mantle or Mays? A-Rod or Jeter? Biggio or Morgan? Clemens, Maddux, and Randy Johnson -- or Pedro, Palmer, and Carlton? These are questions baseball fans can spend endless hours debating. Former All-Star pitcher and National League Manager of the Year Larry Dierker has his own opinions, and he shares them in *My Team*, his fascinating discussion of the greatest players he has seen in his four decades in the major leagues. Dierker selects twenty-five players for *My Team* and another twenty-five for the opposition, the Underdogs, or "Dogs." There are two players at each position, five starting pitchers, and four relievers. (When your starters are the likes of Roger Clemens, Greg Maddux, Bob Gibson, Tom Seaver, Nolan Ryan, and Juan Marichal, you don't worry about bullpen depth.) All are players that Dierker has played with or against or watched in his years as player, coach, manager, and commentator. Each athlete must have

played at least ten years in the major leagues to qualify, and players are judged on their ten best seasons. Leadership skills and personality -- critical components of team chemistry -- are highly valued. So how is it possible to select two teams composed of outstanding ballplayers from the past forty years and not have room for Sandy Koufax, Reggie Jackson, Carl Yastrzemski, or Cal Ripken Jr.? Dierker explains his choices, analyzing each position carefully, always putting the team ahead of the individual player. He provides statistics to back up his selections, and often relates personal anecdotes about the players. (From his first All-Star Game in 1969, Dierker offers a wonderful anecdote about Hank Aaron, by then an All-Star veteran.) My Team may start more debates than it settles, but Dierker's insights, and his passion for the game, will enlighten and fascinate true baseball fans.

Do you have a real relationship with God, or do you just have a religion? Do you know God, or do you just know about God? In *How Big Is Your God?* Paul Coutinho, SJ, challenges us to grow stronger and deeper in our faith and in our relationship with God—a God whose love knows no bounds. To help us on our way, Coutinho introduces us to people in various world religions—from Hindu friends to Buddhist teachers to St. Ignatius of Loyola—who have shaped his spiritual life and made possible his deep, personal relationship with God.

In Sixteenth century Japan a god descends to tip the balance of power in a bloody civil war. Chris finds himself alone and has to become a hero to stop the god falling into the wrong hands - but Chris isn't sure he wants to be a hero.

Through a diachronic and comparative approach this book offers a comprehensive study of Zen Buddhist linguistic and rhetoric devices in China, Korea, and Japan. It draws a vivid picture of the complexity of Zen Buddhist literary production in interaction with doctrinal and ritual issues, as well as in response to the sociopolitical contexts.

*Japan, France* is the first comprehensive history of the idea of Japan in France, as tracked through close readings of canonical French writers and thinkers from the 1860s to the present. The focus is literary and intellectual, the context cultural. The discovery of Japanese woodblock prints in Paris, following the opening of Japan to the West in 1854, was a startling aesthetic encounter that played a crucial role in the Impressionists' and Post-Impressionists' invention of Modernism. French writers also experimented with Japanese aesthetics in their own work, in ways that similarly thread into the foundations of literary Modernism. Japonisme (the practice of adapting Japanese aesthetics to creative work in the West) became a sustained French tradition, in texts by such writers as Zola and Proust through Barthes and Bonnefoy. Each generation discovered new Japanese arts and genres, commented on the work of their predecessors in this vein, and broke still more ground in East-West aesthetics to innovate in the forms of Western literature and thought. To read literary history in this way unsettles Eurocentric assumptions about many of the French writers who are commonly considered the

North Americans are overwhelmed by the immense environmental problems our world faces yet studies report that 66% would do more if they knew it had a measurable impact. Psychologists have long known that simply performing one small step will aid in defining a positive outlook on life and will inspire further participation from the individual. Trash Talk is about changing people's mind-sets by providing thought-provoking ideas that inspire readers to participate from the ground level in their waste reduction efforts. All the ideas are relatively simple and do not require any special skills or tools.

To this day, Japan's modern ascendancy challenges many assumptions about world history, particularly theories regarding the rise of the west and why the modern world looks the way it does. In this engaging new history, Brett L. Walker tackles key themes regarding Japan's relationships with its minorities, state and economic development, and the uses of science and medicine. The book begins by tracing the country's early history through archaeological remains, before proceeding to explore life in the imperial court, the rise of the samurai, civil conflict, encounters with Europe, and the advent of modernity and empire. Integrating the pageantry of a unique nation's history with today's environmental concerns, Walker's vibrant and accessible new narrative then follows Japan's ascension from the ashes of World War II into the thriving nation of today. It is a history for our times, posing important questions regarding how we should situate a nation's history in an age of environmental and climatological uncertainties.

In *The Portuguese Slave Trade in Early Modern Japan: Merchants, Jesuits and Japanese, Chinese, and Korean Slaves*, Lúcio de Sousa offers a study on the system of traffic of Japanese, Chinese, and Korean slaves from Japan, using the Portuguese mercantile networks; reconstructs the Japanese communities in the Habsburg Empire; and analyses the impact of the Japanese slave trade on the Iberian legislation produced in the 16th and first half of the 17th centuries.

One of the preeminent political philosophers of the 20th century makes a compelling argument for the political cogency of literary writing in this book which among to his intellectual autobiography and an introduction to his work.

"*The Invention of Martial Arts* examines the media history of what we now call 'martial arts' and argues that martial arts is a cultural construction that was born in film, TV and other media. It argues that 'martial arts' exploded into popular consciousness entirely thanks to the work of media. Of course, the book does not deny the existence of real, material histories and non-media dimensions in martial arts practices. But it thoroughly recasts the status of such histories, combining recent myth-busting findings in historical martial arts research with important insights into the discontinuous character of history, the widespread 'invention of tradition', the orientalism and imagined geographies that animate many ideas about history, and the frequent manipulation of history for reasons of status, cultural capital, private or public power, politics, and/or financial gain. In doing so, *The Invention of Martial Arts* argues for the primacy of media representation as key player in the emergence and spread of martial arts. This argument overturns the dominant belief that 'real practices' are primary, while representations are secondary. The book makes its case via historical analysis of the British media history of such Eastern and Western martial arts as Bartitsu, jujutsu, judo, karate, tai chi and MMA across a range of media, from newspapers, comics and books to cartoon, film and TV series, as well as television adverts and music videos, focusing on key but often overlooked texts such as adverts for 'Hai Karate', the 1970s disco hit 'Kung Fu Fighting', and many other mainstream and marginal media texts"--

In 1895, the newly formed Greater Japan Martial Virtue Association (Dainippon Butokukai) held its first annual Martial Virtue Festival (butokusai) in the ancient capital of Kyoto. The Festival

marked the arrival of a new iteration of modern Japan, as the Butokukai's efforts to define and popularise Japanese martial arts became an important medium through which the bodies of millions of Japanese citizens would experience, draw on, and even shape the Japanese nation and state. This book shows how the notion and practice of Japanese martial arts in the late Meiji period brought Japanese bodies, Japanese nationalisms, and the Japanese state into sustained contact and dynamic engagement with one another. Using a range of disciplinary approaches, Denis Gainty shows how the metaphor of a national body and the cultural and historical meanings of martial arts were celebrated and appropriated by modern Japanese at all levels of society, allowing them to participate powerfully in shaping the modern Japanese nation and state. While recent works have cast modern Japanese and their bodies as subject to state domination and elite control, this book argues that having a body – being a body, and through that body experiencing and shaping social, political, and even cosmic realities – is an important and underexamined aspect of the late Meiji period. *Martial Arts and the Body Politic in Meiji Japan* is an important contribution to debates in Japanese and Asian social sciences, theories of the body and its role in modern historiography, and related questions of power and agency by suggesting a new and dramatic role for human bodies in the shaping of modern states and societies. As such, it will be valuable to students and scholars of Japanese studies, Japanese history, modern nations and nationalisms, and sport and leisure studies, as well as those interested in the body more broadly.

What is the essence of martial arts? What is their place in or relationship with culture and society? *Deconstructing Martial Arts* analyses familiar issues and debates that arise in scholarly, practitioner and popular cultural discussions and treatments of martial arts and argues that martial arts are dynamic and variable constructs whose meanings and values regularly shift, mutate and transform, depending on the context. It argues that deconstructing martial arts is an invaluable approach to both the scholarly study of martial arts in culture and society and also to wider understandings of what and why martial arts are. Placing martial arts in relation to core questions and concerns of media and cultural studies around identity, value, orientalism, and embodiment, *Deconstructing Martial Arts* introduces and elaborates deconstruction as a rewarding method of cultural studies.

Where am I? I am lost. Suddenly I hear the Voice, I see the Light. In the deepest throes of confusion and heartache comes the Light that reunites one with the universe. From the death of a loved one emerges a newfound acceptance and the ultimate freedom of the soul. In a swirl of injustice and hypocrisy, the soul valiantly fights back. These healing lessons and many more are the topics of *The Battle and Victory of the Soul*, South African poet Nozipho Zubane's inspiring and mystical collection that draws from her own painful experiences and spiritual growth. Anyone who is seeking words of comfort and encouragement to turn their own lives around will find much solace and support in these thought-provoking, healing meditations. Written for seekers of all ages and walks of life, this stirring collection represents an authentic and true expression of the raw emotions Nozipho confronted when she found herself at a crucial crossroads in her own life. After resolving to remove herself from the toxic corporate environment in which she existed, the poet embarked on a course to search for greater purpose and meaning. After two years with no job and an empty savings account, she was driven to live as a recluse. It was then that she underwent the deep emotional cleansing that transformed her life. Initially longing for intellectual stimulation, human contact, and material comfort, she endured many dark nights of the soul, to ultimately be saved by the grace of God. Whether gently illustrating the redemptive power of the soul or reconsidering the complexity of love, each poem furthers the book's abiding goal to help other people heal their wounds in order to reach their full potential. With its fresh perspective and all-embracing approach, *The Battle and Victory of the Soul* is certain to offer individuals a lifeline to reconnect with their souls in new and restorative ways. It's a spiritual wealth of hope and healing that may just bring

new light to the darkest days.

This is the most complete and compelling account of idols and celebrity in Japanese media culture to date. Engaging with the study of media, gender and celebrity, and sensitive to history and the contemporary scene, these interdisciplinary essays cover male and female idols, production and consumption, industrial structures and fan movements.

"In this study of the Japanese jeweled pagoda mandalas, Halle O'Neal reveals the entangled realms of sacred body, beauty, and salvation. Much of the previous scholarship on these paintings concentrates on formal analysis and iconographic study of their narrative vignettes. This has marginalized the intriguing interplay of text and image at their heart, precluding a holistic understanding of the mandalas and diluting their full import in Buddhist visual culture. *Word Embodied* offers an alternative methodology, developing interdisciplinary insights into the social, religious, and artistic implications of this provocative entwining of word and image. O'Neal unpacks the paintings' revolutionary use of text as picture to show how this visual conflation mirrors important conceptual indivisibilities in medieval Japan. The textual pagoda projects the complex constellation of relics, reliquaries, scripture, and body in religious doctrine, practice, and art. *Word Embodied* also expands our thinking about the demands of viewing, recasting the audience as active producers of meaning and offering a novel perspective on disciplinary discussions of word and image that often presuppose an ontological divide between them. This examination of the jeweled pagoda mandalas, therefore, recovers crucial dynamics underlying Japanese Buddhist art, including invisibility, performative viewing, and the spectacular visualizations of embodiment."

"...The Japanese are not so black as they are painted or so immaculate as they occasionally paint themselves." As the author's own words suggest, this book attempts to give a balanced account of Japan during the "crisis" years of 1931-1935 which were some of the most significant in modern Japanese history. They saw an act of political expansion unique in the years following World War One, as well as an expansion of Japanese foreign trade in markets hitherto dominated by the exports of other countries. The letters re-issued here were written for both the Western and Japanese reader and as such represent an unrivalled impartial resource.

A sampling of the writings of Chinese women poets from ancient times to the twentieth century is accompanied by brief biographies and a discussion of their influence on Chinese literature.

Adding a new perspective to the current literature on decentralization in Japan, *Cities, Autonomy and Decentralization in Japan*, approaches the subject from an urban studies and planning approach. The essays in the collection present a cogent compilation of case studies focusing on the past, present and future of decentralization in Japan.

These include small scale development in the fields such as citizen participation (*machizukuri*), urban form and architecture, disaster prevention and conservation of monuments. The contributors suggest that new trends are emerging after the bursting of Japan's economic bubble and assess them in the context of the country's larger socio-political system. This in-depth analysis of the development outside of Japan provides a valuable addition to students of Urban, Asian and Japanese Studies.

This book focuses on the role of ethics in the application of mindfulness-based interventions (MBIs) and mindfulness-based programs (MBPs) in clinical practice. The book offers an overview of the role of ethics in the cultivation of mindfulness and

explores the way in which ethics have been embedded in the curriculum of MBIs and MBPs. Chapters review current training processes and examines the issues around incorporating ethics into MBIs and MBPs detailed for non-secular audiences, including training clinicians, developing program curriculum, and dealing with specific client populations. Chapters also examine new, second-generation MBIs and MBPs, the result of the call for more advanced mindfulness-based practices . The book addresses the increasing popularity of mindfulness in therapeutic interventions, but stresses that it remains a new treatment methodology and in order to achieve best practice status, mindfulness interventions must offer a clear understanding of their potential and limits. Topics featured in this book include: • Transparency in mindfulness programs. • Teaching ethics and mindfulness to physicians and healthcare professionals. • The Mindfulness-Based Symptom Management (MBSM) program and its use in treating mental health issues. • The efficacy and ethical considerations of teaching mindfulness in businesses. • The Mindful Self-Compassion (MSC) Program. • The application of mindfulness in the military context. Practitioner's Guide to Mindfulness and Ethics is a must-have resource for clinical psychologists and affiliated medical, and mental health professionals, including specialists in complementary and alternative medicine and psychiatry. Social workers considering or already using mindfulness in practice will also find it highly useful.

Combat Stress Injury represents a definitive collection of the most current theory, research, and practice in the area of combat and operational stress management, edited by two experts in the field. In this book, Charles Figley and Bill Nash have assembled a wide-ranging group of authors (military / nonmilitary, American / international, combat veterans / trainers, and as diverse as psychiatrists / psychologists / social workers / nurses / clergy / physiologists / military scientists). The chapters in this volume collectively demonstrate that combat stress can effectively be managed through prevention and training prior to combat, stress reduction methods during operations, and desensitization programs immediately following combat exposure.

Liberalism and Chinese Economic Development brings international contributors together in order to consider economic, political, social and legislative aspects of China's modernization. This volume explores how liberalism is received and perceived, and whether it is adapted or adopted upon the basis of centuries of Chinese civilization and decades of capitalism. China's role in the global economy is an undeniable force. This book examines both historical and contemporary dimensions surrounding the question of Chinese liberalism, exploring China's economic development in a comparative context. In particular, this text explores differences with the Western model, and more specifically, the relationship between Chinese economic thought and European traditions. This text assesses China's economic development at both a macro and a micro level, and also considers its relationship with its neighbours.

Campagnolo answers whether free-trade and capitalistic economic developments are long sustainable without other types of liberal developments? Or is the idea that political liberties and economic freedom are just Western ideologies? This is a uniquely wide ranging book, suitable for scholars of the Chinese economy, the history of economic thought, economic philosophy and international political economy.

What makes a person's life meaningful? Thaddeus Metz offers a new answer to an ancient question which has recently returned to the philosophical agenda. He proceeds

by examining what, if anything, all the conditions that make a life meaningful have in common. The outcome of this process is a philosophical theory of meaning in life. He starts by evaluating existing theories in terms of the classic triad of the good, the true, and the beautiful. He considers whether meaning in life might be about such principles as fulfilling God's purpose, obtaining reward in an afterlife for having been virtuous, being attracted to what merits attraction, leaving the world a better place, connecting to organic unity, or transcending oneself by connecting to what is extensive. He argues that no extant principle satisfactorily accounts for the three-fold significance of morality, enquiry, and creativity, and that the most promising theory is a fresh one according to which meaning in life is a matter of intelligence contoured toward fundamental conditions of human existence.

This volume examines the development of the 'way of the samurai' (bushid?), which is popularly viewed as a defining element of the Japanese national character and even the 'soul of Japan' - to provide an overview of modern Japanese social, cultural, and political history.

“Atkinson and Jewell invite each of us to reimagine one’s connection to the land while cultivating nature close to home. A must-read for anyone searching for inspired solutions for designing or refining a garden.” —Emily Murphy, founder of Pass the Pistil From windswept deserts to misty seaside hills and verdant valleys, the natural landscapes of the American West offer an astounding variety of climates for gardens. Under Western Skies reveals thirty-six of the most innovative designs—all embracing and celebrating the very soul of the land on which they grow. For the gardeners featured here, nature is the ultimate inspiration rather than something to be dominated, and Under Western Skies shows the strong connection each garden has with its place. Packed with Atkinson’s stunning photographs and illuminated by Jewell’s deep interest in the relationships between people and the spaces they inhabit, Under Western Skies offers page after page of encouraging ingenuity and inventive design for passionate gardeners who call the West home.

Pinnacle 2000 New York filmmaker Morgan James is about to journey straight into the heart of a dark conspiracy, hidden deep in the mist-shrouded Maya rain forest of Central America, where a bizarre human experiment (including a baby factory) comes at a terrible price. In Vitro, Independent Film, Adoption, Fertility, Human Eggs, Guatemala, Peten, Maya, Mayan Pyramid, Vision Serp

One of this century's leading works on Zen, this book is 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 aesthetics found throughout Japanese culture. He explores the surprising role of Zen in the philosophy of the samurai, and subtly portrays the relationship between Zen and swordsmanship, haiku, tea ceremonies, and the Japanese love of nature. Suzuki's contemplative discussion is enhanced by anecdotes, poetry, and illustrations showing silk screens, calligraphy, and examples of architecture.

A systematic introduction to Buddhist ethics aimed at anyone interested in Buddhism.

Even in a country where outstanding achievements have become almost a commonplace, the Japanese architect, Kisho Kurokawa, appears as both a remarkable and a remarkably successful man. With buildings in the United States and Eastern and Western Europe as well as in Japan, he has established an international reputation as a leading figure amongst the younger generation of architects. At the age of forty he already had thirty-five major buildings and seventeen books to his credit; four new towns are being built to his designs; he heads a company of over a hundred employees, he runs a think-tank and an urban design bureau and for variety he has his own television programme with a regular audience of some 30 million. Behind these statistics lies a prodigious vitality expressed in original and stimulating buildings. -- from book jacket.

Long Strange Journey presents the first critical analysis of visual objects and discourses that animate Zen art modernism and its legacies, with particular emphasis on the postwar "Zen boom." Since the late nineteenth century, Zen and Zen art have emerged as globally familiar terms associated with a spectrum of practices, beliefs, works of visual art, aesthetic concepts, commercial products, and modes of self-fashioning. They have also been at the center of fiery public disputes that have erupted along national, denominational, racial-ethnic, class, and intellectual lines. Neither stable nor strictly a matter of euphoric religious or intercultural exchange, Zen and Zen art are best approached as productive predicaments in the study of religion, spirituality, art, and consumer culture, especially within the frame of Buddhist modernism. Long Strange Journey's modern-contemporary emphasis sets it off from most writing on Zen art, which focuses on masterworks by premodern Chinese and Japanese artists, gushes over "timeless" visual qualities as indicative of metaphysical states, or promotes with ahistorical, trend-spotting flair Zen art's design appeal and therapeutic values. In contrast, the present work plots a methodological through line distinguished by "discourse analysis," moving from the first contacts between Europe and Japanese Zen in the sixteenth century to late nineteenth-early twentieth-century transnational exchanges driven by Japanese Buddhists and intellectuals and the formation of a Zen art canon; to postwar Zen transformations of practice and avant-garde expressions; to popular embodiments of our "Zenny zeitgeist," such as Zen cartoons. The book presents an alternative history of modern-contemporary Zen and Zen art that emphasizes their unruly and polythetic-prototypical natures, taking into consideration serious religious practice and spiritual and creative discovery as well as conflicts over Zen's value amid the convolutions of global modernity, squabbles over authenticity, resistance against the notion of "Zen influence," and competing claims to speak for Zen art made by monastics, lay advocates, artists, and others.

For over 2500 years, Buddhism was implicated in processes of cultural interaction that in turn shaped Buddhist doctrines, practices and institutions.

While the cultural plurality of Buddhism has often been remarked upon, the transcultural processes that constitute this plurality, and their long-term effects, have scarcely been studied as a topic in their own right. The contributions to this volume present detailed case studies ranging across different time periods, regions and disciplines, and they address methodological challenges as well as theoretical problems. In addition to casting a spotlight on topics as diverse as the role of trade contacts in the early spread of Buddhism, the hybrid nature of religious practices in Japan or Indo-Tibetan relations in Tibetan polemical literature, the individual papers jointly raise the question as to whether there might be something distinct about how Buddhism steers and influences forms of cultural exchange, and is in turn shaped by modalities of cultural interaction throughout Asian, as well as global, history. The volume is intended to demonstrate the need for investigating transcultural dynamics more closely in the study of Buddhism, and to suggest new avenues for Buddhist Studies.

This book demonstrates the close link between medicine and Buddhism in early and medieval Japan. It may seem difficult to think of Japanese Buddhism as being linked to the realm of medical practices since religious healing is usually thought to be restricted to prayers for divine intervention. There is a surprising lack of scholarship regarding medicinal practices in Japanese Buddhism although an overwhelming amount of primary sources proves otherwise. A careful re-reading of well-known materials from a study-of-religions perspective, together with in some cases a first-time exploration of manuscripts and prints, opens new views on an understudied field. The book presents a topical survey and comprises chapters on treating sight-related diseases, women's health, plant-based materia medica and medicinal gardens, and finally horse medicine to include veterinary knowledge. Terminological problems faced in working on this material – such as 'religious' or 'magical healing' as opposed to 'secular medicine' – are assessed. The book suggests focusing more on the plural nature of the Japanese healing system as encountered in the primary sources and reconsidering the use of categories from the European intellectual tradition. A fascinating introduction to Zen principles and learning.

Engaged Buddhism is the contemporary movement of nonviolent social and political activism found throughout the Buddhist world. Its ethical theory sees the world in terms of cause and effect, a view that discourages its practitioners from becoming adversaries, blaming or condemning the other. Its leaders make some of the most important contributions in the Buddhist world to thinking about issues in political theory, human rights, nonviolence, and social justice. Being Benevolence provides for the first time a rich overview of the main ideas and arguments of prominent Engaged Buddhist thinkers and activists on a variety of questions: What kind of political system should modern Asian states have? What are the pros and cons of Western "liberalism"? Can Buddhism support the idea of human rights? Can there ever be a nonviolent nation-state? It identifies the roots of Engaged Buddhist social ethics in such traditional Buddhist concepts and

practices as interdependence, compassion, and meditation, and shows how these are applied to particular social and political issues. It illuminates the movement's metaphysical views on the individual and society and goes on to examine how Engaged Buddhists respond to fundamental questions in political theory concerning the proper balance between the individual and society. The second half of the volume focuses on applied social-political issues: human rights, nonviolence, and social justice.

A highly accessible overview of Zen philosophy includes a basic historical background, a thorough overview of the techniques of Zen practice, and explanations of key concepts and terminology. Reissue.

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