



THE BUDDHIST SOCIETY

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Patron: H H The Dalai Lama

The Buddhist Society is one of the most prestigious and highly regarded Buddhist organisations in the world. It was founded in 1924 by Christmas Humphreys and is one of the oldest Buddhist societies in Europe. The object of the society is to publish and make known the principles of Buddhism and to encourage the study and practice of those principles.

The Society has a long and distinguished publishing history and introduced such names as Edward Conze, Alan Watts, D.T. Suzuki and Christmas Humphreys to the general public. It continues to publish books of relevance to students, scholars, practitioners and devotees, as well as many introductory books for the general reader. Its recent publications include a three-volume edition of D.T. Suzuki's selected writings, in association with the University of California Press, and a translation of the *Śūraṅgamasamādhisūtra*, by the University of Hawai'i Press. The Society will continue to publish academic and scholarly works from all traditions and schools of Buddhism: now under its own imprint as well as with its partners.

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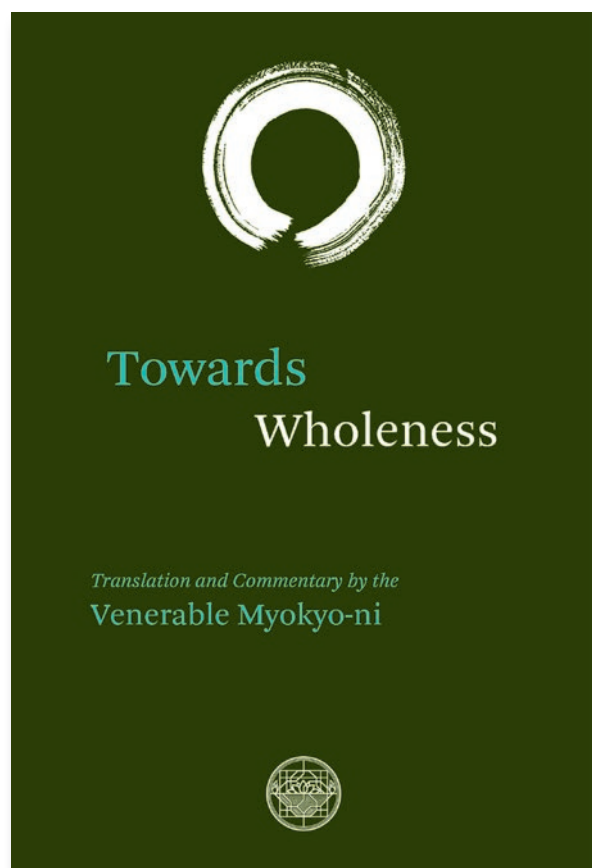
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NEW TITLES for APRIL 2018



TOWARDS WHOLENESS

Translations and Commentary by the Venerable Myokyo-ni

The Venerable Myokyo-ni wrote several books that describe Zen practice in an accessible and clear-minded way. She stressed that Zen was part of Buddhism, as all schools were true to the same core principles: "Many schools; one way." Before her travels to Japan, she had undergone Jungian analysis, and spoke of Buddhist practice as a way of transforming the psyche and bending the heart towards compassion and wholeness.

Towards Wholeness collects nineteen essays by Venerable Myokyo-ni which explore her thoughts on Zen Buddhism and its place in daily life. It includes her well-known analysis of the Bull-Herding Series, as well as pieces on Jung, meditation, Zen practice and study. Essays such as *The Quest for Wholeness*, *The Need for Transformation* and *Going Beyond* provide further examples of Myokyo-ni's incisive and insightful thinking, always rigorous but often deeply compassionate.

See page 3 ('Look and See') for a brief biography of Ven. Myokyo-ni.

Introduction
Chapter 1 The Quest for Wholeness
Chapter 2 Reflections
Chapter 3 Zen Buddhism
Chapter 4 The Bull-Herding Series
Chapter 5 The Analytical Psychology of C G Jung
Chapter 6 Round About
Chapter 7 The Cross and the Circle
Chapter 8 The Interplay of Dark and Light
Chapter 9 The Way Home
Chapter 10 Going Beyond

Chapter 11 The Need for Transformation
Chapter 12 Maps for the Journey
Chapter 13 Śīla – Dhyāna – prajñā
Chapter 14 On the Way
Chapter 15 Again and Again
Chapter 16 Zazen – Sitting Meditation
Chapter 17 Practice and Study
Chapter 18 The Teachings and Practice
Chapter 19 Insight / Wisdom

£12.99 PB; isbn 978-0-901032-49-2

195 x 150 mm; 288 pages

FIRST ZEN READER by Trevor Leggett

(Published in association with the Trevor Leggett Adhyatma Yoga Trust.)

When Zen Buddhism crossed from China to Japan in the twelfth century, it entered a phase of development that was not only to inspire a magnificent range of artistic achievement but also to exert a tremendous influence upon Japanese life itself and, eventually, to bring to the attention of the West a religious philosophy both unique and challenging in its power. First published in 1960, the purpose of this anthology is to suggest an approach to answering the perennial question "What is Zen?". The texts translated here will give a general idea of Zen theory and practice, and are significant elements within the corpus of Zen literature. Additionally, Leggett has added a valuable 'Note on the Ways', in which he points out how 'the student keeps his Zen practice in touch with his daily life'.

The author's inimitable strength lies in his ability to render Japanese Zen thought accessible to a wide readership through his translations and interpretations. He lays no claim to being a Buddhologist. The essence of this book is represented principally by two contributions, the most extensive being Rinzaï Master Amakuki Sessan's interpretation of Hakuin's 'Song Of Meditation' (坐禪和讃 *Zazen Wasan*), supported by the then Soto Head Takashina Rosen's essay on teaching and practice. However, this anthology and commentary of Leggett's remains the most efficacious introduction to Zen for general readers. As he himself declares in his introduction:

"the sentences and paragraphs are thrusts designed to awaken the sleeping *prajñā* wisdom. When it wakes, the Buddha nature is recognised... This, and not discussion, is the aim of the authors".

SECOND ZEN READER by Trevor Leggett

(Published in association with the Trevor Leggett Adhyatma Yoga Trust.)

Every page of this profoundly erudite book is written with compelling insight. There are five sections, each reflecting in depth a different emphasis by a particular Master or School of Zen. The most important section is the first, an inspired and inspiring commentary on a sūtra considered by some to be the very kernel of Mahāyāna Buddhism: the Heart Sūtra [般若波羅蜜多心經 *Prajñāpāramitā-hṛdaya-sūtra*].

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PART ONE

On the Heart Sutra: a commentary by Abbot Obora of the Soto Zen sect (contemporary)

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2. The Circle of Life
3. Awakening to the Character of our Individuality
4. The True Character of the Human Self
5. Transcendence
6. The Experience of Emptiness
7. The Bodhisattva Spirit
8. The Experience of Nirvāṇa
9. The Power of Prajñā

PART TWO

Yasenkanna (method of physical and spiritual rejuvenation) – an autobiographical narrative by Zen Master Hakuin (18th century)

1. Introductory Note by the Translator

2. The Preface, by Cold Starveling, a disciple in Poverty Temple

3. Yasenkanna ('a chat on a boat in the evening'), by Zen Master Hakuin

PART THREE

The Tiger's Cave and other pieces

1. The Tiger's Cave
2. The Lotus in the Mire
3. Poems by Zen Master Mamiya
4. The Dance of the Sennin Immortals

Maxims of Saigo

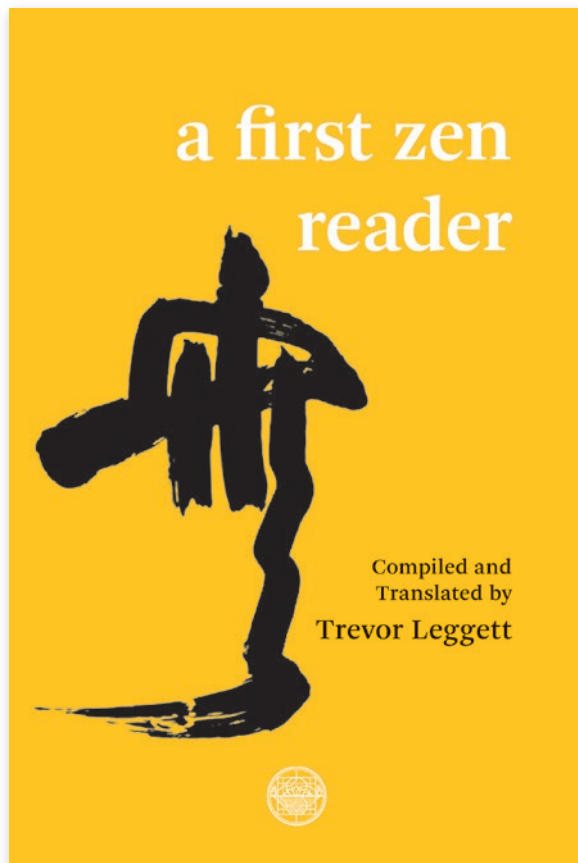
PART FOUR

Zen by Takashina Rosen, Primate of the Soto Zen sect (contemporary)

1. The Sermon of No Words
2. Stillness in action

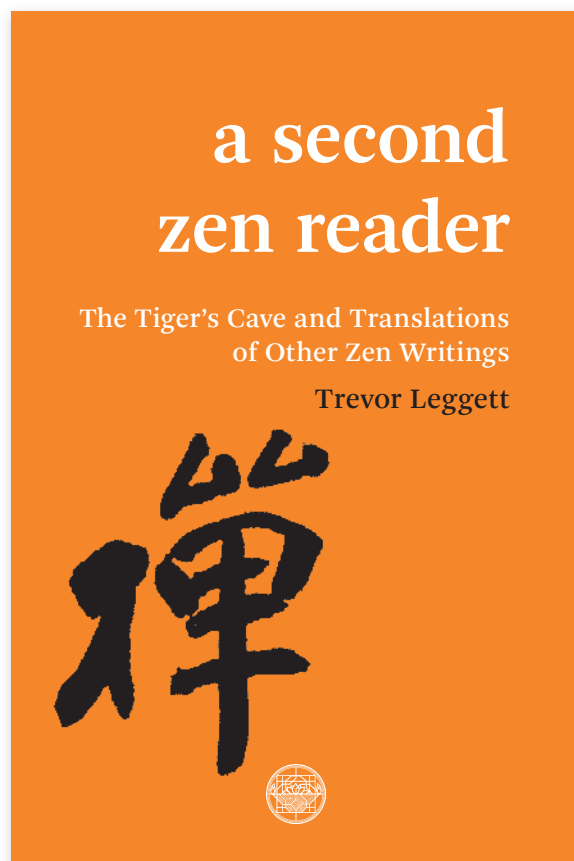
PART FIVE

From a Commentary on Rinzaï-roku classic, by Omori Sogen, Zen master, fencing master, and master of the brush (contemporary)



£12.99 PB; 978-0-901032-50-8

195 x 130 mm; 240 pages



£12.99 PB; 978-0-901032-51-5

195 x 130 mm; 208 pages

See back page for two more Trevor Leggett classic best-sellers..

RECENT TITLES



FURTHER STORIES FROM THE OLD SILK ROAD Retold by Eric Cheetham; illustrated by Roberta Mansell

This new publication from the Buddhist Society brings together twenty-one stories with over fifty colour illustrations, which are accompanied by a map of the Old Silk Road and an extensive glossary. In *Further Stories From The Old Silk Road* the reader is transported to a world of flying monks and hidden jewels, where a magical stupa appears and then vanishes and where heroes undertake extraordinary quests across ancient empires.

These remarkable stories, retold here by Eric Cheetham and illustrated by Roberta Mansell, contain within them an extraordinary degree of warmth and humour and provide a powerful insight into the Buddha's teachings. These stories from the Old Silk Road between India and China became the stock-in-trade of itinerant storytellers, who journeyed with the caravans in both directions. They would entertain the travellers by re-telling tales of this kind around the campfires in the desert wilderness or in the caravanserais.

Apart from the traditional mix of a hero's exploits and of wondrous events, these stories display an extraordinary degree of warmth and humour. It is to be hoped that the reader will derive as much

£18.99 PB; large format; August 2017

978-0-901032-44-7

300 x 220 mm; 96 pages; 54 colour illustrations

pleasure and gentle instruction from these stories as the writer did when finding them and re-telling them to others.

Eric Cheetham has been an influential teacher and lecturer on Buddhism for over fifty years. He is the author of a number of significant works, the best-known of which is *Fundamentals of Mainstream Buddhism*. After studying Fine Art and Philosophy in California, **Roberta Mansell** moved to England in 1961. Between 1962 and 1990 she taught art and illustration and worked as a freelance illustrator. Since 1980 she has been a Zen trainee with Venerable Myokyo-ni and Martin Goodson at the Buddhist Society and the Zen Centre in London and the Hampshire Buddhist Society in Southampton.

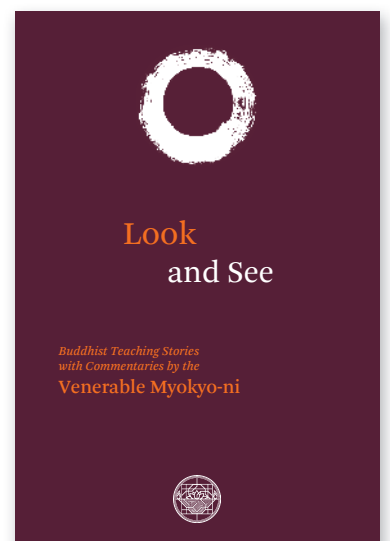


LOOK AND SEE BUDDHIST TEACHING STORIES WITH COMMENTARIES by The Venerable Myokyo-ni

Over twenty Buddhist teaching stories are included, with commentaries by the Venerable Myokyo-ni. The stories are collected from various Buddhist sources, but have in common the Buddhist way of facing the trials of life. Stories from the Southern schools, such as 'The Parable of the Poisoned Arrow' are included alongside Northern training stories like 'The Taming of the Harp' and 'The Great Wave.' Each story is followed by the thoughts and observations of the Venerable Myokyo-ni. *'Stories and parables are an integral part of traditional teaching texts. They are of such simplicity that one is inclined to smile at them as rather childish and as of no relevance to our lives today. Yet on closer acquaintance they reveal a profound insight into human nature, expound perennial verities and serve as pointers or guides. They console, succour, direct towards a more conducive attitude and a fuller, more meaningful partaking in life.'*

—The Venerable Myokyo-ni, from the Introduction to the book

The Venerable Myokyo-ni (1921–2007) whose name means 'mirror of the subtle nun', was born Irmgard Schloegl in Leitersdorf, Austria. She received a PhD in physical sciences from Graz University and then came to England in 1950, where she lectured in mineralogy at Imperial College, London. After becoming interested in Buddhism she joined the Zen class at the Buddhist Society. In 1960 she travelled to Japan and underwent Zen training at Daitokuji in Kyoto. She was ordained as a Rinzai Zen Buddhist nun in 1984. She later became head of the Zen Centre in London and wrote several books describing Zen practice and translated a key Chinese Rinzai text by Lin Ji.



£12.99 PB; 978-0-901032-46-1
195 x 150 mm; 288 pages
Published with the support of the
Hokun Trust.

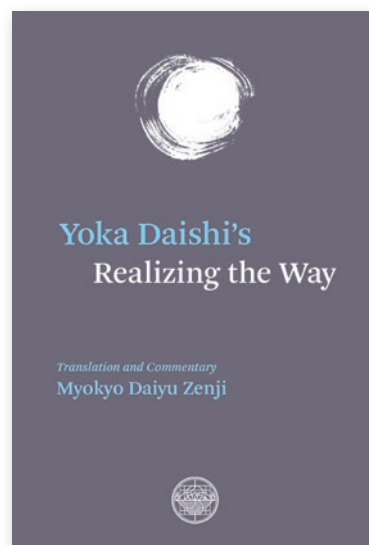
YOKA DAISHI'S REALIZING THE WAY

Translation and Commentary by Myokyo Daiyu Zenji

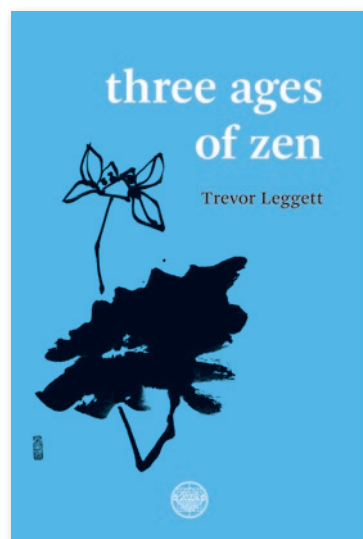
In this volume, The Buddhist Society presents Yoka Daishi's *Realizing the Way* [證道歌], a T'ang Dynasty Chinese text known as *Zhang Dao Ge*, or *Shodōka* in Japanese. This 12th century Japanese edition has been translated by the Venerable Myokyo-ni and accompanied throughout by her own commentary on the text. The sixty-seven verses of Yoka Daishi's *Song on the Realization of the Way* lie at the heart of the Zen approach to Mahayana thought and symbolise the germ of the Buddha-nature inherent in all sentient beings – hidden and dormant, but containing the potential and promise of liberation. The title, which is variously translated, is most commonly known as 'The Song of Enlightenment'. With vivid imagery and striking turns of phrase, these verses weave in and out of the various Mahayana doctrines. Each section of the Song, which The Venerable Myokyo-ni describes as 'a very carefully considered and expounded summary that has the whole of the teaching in it', is accompanied here by her extensive and illuminating commentary.

Yoka Gengaku Daishi (665–713), or **Yongjia Xuanjue** as he is known in Chinese, was a Zen scholar and monk, who belongs to the early period of the Zen School. He was born in Yongjia in Zhejiang Province, from where his name derives.

Myokyo Daiyu Zenji is the posthumous name of **Myokyo-ni** (previous title). This is her final work.



£12.99 PB; 978-0-901032-45-4
195 x 130 mm; 288 pages



£12.99 PB; 978-0-901032-48-5
195 x 130 mm; 288 pages

THREE AGES OF ZEN by Trevor Leggett

In this volume, Trevor Leggett presents three texts translated from Japanese and compiled to illuminate the three ages of Zen in Japan: the warrior Zen of crisis and war in the thirteenth century; the feudal Zen of eighteenth-century samurai officials and finally the modern Zen found in 20th-century Japan.

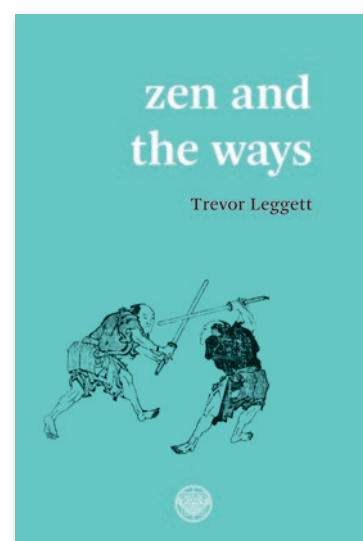
Part One presents translations of koans from the secret records of temples in Kamakura, Japan's first capital city in the East after Kyoto ceased to be seat of government. **Part Two** is an inspiring essay written for a samurai official by abbot Torei and based on the analogy of the mind as a horse that is basically sound, but has become lazy, dull, and obstinate, and needs a touch of the spur to become 'Buddha-natured' again. **Part Three** contains extracts from the autobiography of Zen master Tsuji Somei, a *roshi* (an honorific title used for highly venerated figures in Japanese Zen) who trained under Furukawa Gyodo, one of the great Zen figures in 20th-century Japan. This vivid account of Zen training in very severe conditions follows Master Tsuji's spiritual progress from Kamakura to Russia, where he was a prisoner of war.

This book is published in association with the Trevor Leggett Adhyatma Yoga Trust.

ZEN AND THE WAYS by Trevor Leggett

Originally published in 1978, *Zen and the Ways* is the first publication in a series of books published by the Buddhist Society in association with the Trevor Leggett Trust. In Japanese Zen, every activity in life, including the martial arts, flower arrangement and serving tea, are considered a field for practising inner control, meditation and inspiration, and can be termed the 'Way' when practised in this manner. In this book, Leggett collects together translations of texts relating to this phenomenon and offers his own thoughts and observations on the subject.

Zen and the Ways is divided into six parts. **Part One** presents Zen in the words of twentieth-century masters, and deals particularly with the koan or riddle system that developed in China. **Part Two**, 'Kamakura Zen', describes the warrior Zen of the first three hundred years in Japan. It contains the classic text, 'On Meditation' by the master Daikaku, who was one of the founders of Zen in Japan. **Part Three** covers 'The Kamakura Koans' and in **Part Four** 'The Ways' are presented by texts from traditional sources, including the so-called 'secret scrolls', which were preserved in the schools of the Ways. **Part Five** presents extracts from the less cryptic parts of scrolls themselves, while **Part Six** includes some of the stories of the Ways in practice. These sections are accompanied by historical appendices and an index of names and technical terms.



£12.99 PB; 978-0-901032-47-8
195 x 130 mm; 288 pages

This book is published in association with the Trevor Leggett Adhyatma Yoga Trust.

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Trevor Leggett (1914–2000) was a British judo teacher, author, translator, and head of the BBC's Japanese Service for 24 years. He published over thirty books on a variety of topics including judo, Eastern philosophy and Zen Buddhism. He is fondly remembered for his erudite yet approachable contributions to the understanding of Buddhism.