

# BUDDHISM AND ZEN

## SUGGESTED READING

There are many books available on Zen and on Buddhism in general. The following works are recommended either because they are particularly informative, or because they are relevant to the Soto School of Zen as practiced by the Savannah Zen Center.

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### SOTO ZEN

Robert Aitken	<i>The Mind of Clover</i> <i>Taking the Path of Zen</i> <i>The Practice of Perfection</i> <i>Original Dwelling Place</i>
Charlotte Joko Beck	<i>Everyday Zen</i> <i>Nothing Special</i>
David Chadwick	<i>Crooked Cucumber: the Life and Zen Teaching of Shunryu Suzuki</i>
Francis Cook	<i>How to Raise an Ox</i> <i>Sounds of Valley Streams</i>
Dainin Katagiri	<i>Returning to Silence</i> <i>You Have to Say Something</i> <i>Each Moment is the Universe</i>
Jakusho Kwong	<i>No Beginning, No End</i>
Trevor Leggett, trans.	<i>The Tiger's Cave</i> (section by Obora Roshi)
Taigen Daniel Leighton	<i>Cultivating the Empty Field: the Silent Illumination of Zen Master Hongzhi</i>
Shohaku Okumura	<i>Soto Zen</i> <i>Shobogenzo-zuimonki</i> <i>The Heart of Zen: Practice Without Gaining Mind</i>

- Shunryu Suzuki  
*Branching Streams Flow in the Darkness*  
*Not Always So: Practicing the True Spirit of Zen*  
*Zen Mind, Beginner's Mind*
- Kazuaki Tanahashi  
*Beyond Thinking: a Guide to Zen Meditation*  
*Moon in a Dewdrop: Writings of Zen Master Dogen*  
*Enlightenment Unfolds*
- Kosho Uchiyama  
*How to Cook Your Life: Refining Your Life*  
*Opening the Hand of Thought: Approach to Zen*  
*The Wholehearted Way: a Translation of Eihei Dogen's Bendowa*

## OTHER BUDDHIST BOOKS

- Joseph Goldstein  
*The Experience of Insight*
- Joseph Goldstein and Jack Kornfield  
*Seeking the Heart of Wisdom*
- Henepola Gunaratana  
*Mindfulness in Plain English*
- Thich Nhat Hanh  
*Miracle of Mindfulness*  
*Heart of Understanding*  
*Old Path, White Cloud*  
*Diamond that Cuts Through Illusion*  
*Heart of Buddha's Teaching*  
*Transforming Suffering into Peace, Joy and Liberation*
- Pema Chodron  
*The Wisdom of No Escape*  
*Start Where You Are*  
*When Things Fall Apart*
- Larry Rosenberg and David Guy  
*Breath by Breath: the Liberating Practice of Insight Meditation*

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