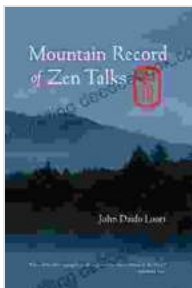


Mountain Record Of Zen Talks: Dharma Communications

The *Mountain Record Of Zen Talks* is a collection of 95 Zen talks given by the Chinese Zen master Yunmen Wenyan (864-949). The talks were recorded by his disciple, Yantou Quanhuo, and were first published in China in 1004. The Mountain Record is one of the most important works in the Zen Buddhist tradition, and it has been translated into many languages.

The talks in the Mountain Record cover a wide range of topics, including the nature of the self, the meaning of life, and the path to enlightenment. Yunmen was a master of paradox and koan, and his talks are often full of wit and humor. However, he was also a deeply compassionate teacher, and his words can offer guidance and inspiration to anyone who is seeking to live a more mindful and aware life.



Mountain Record of Zen Talks (Dharma Communications) by John Daido Looi

★★★★★ 5 out of 5

Language : English
File size : 1637 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 242 pages

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One of the central themes of the Mountain Record is the importance of letting go of attachments. Yunmen taught that we must let go of our attachments to our possessions, our relationships, and even our own egos. Only when we are able to let go of these attachments can we truly be free.

Another important theme in the Mountain Record is the importance of living in the present moment. Yunmen taught that we should not dwell on the past or worry about the future. Instead, we should focus our attention on the present moment. Only when we are able to live in the present moment can we truly experience the joy and peace that life has to offer.

The Mountain Record is a challenging but rewarding text. Yunmen's talks are often paradoxical and difficult to understand. However, if you are willing to put in the effort, the Mountain Record can offer you a profound insight into the nature of reality and the path to enlightenment.

Dharma Communications

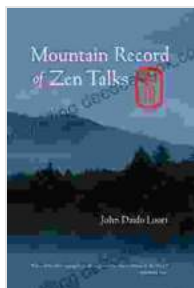
Dharma Communications is a non-profit organization that is dedicated to the translation and publication of Buddhist texts. Dharma Communications was founded in 1974 by John Daido Loori, a Zen Buddhist teacher and scholar. The organization has published over 100 books, including the first English translation of the Mountain Record Of Zen Talks.

Dharma Communications is committed to making Buddhist teachings available to a wide audience. The organization's books are published in a variety of languages, and they are distributed to libraries, bookstores, and dharma centers around the world.

Dharma Communications also offers a variety of educational programs, including online courses, workshops, and retreats. These programs are designed to help people learn more about Buddhism and to integrate its teachings into their daily lives.

Dharma Communications is a valuable resource for anyone who is interested in learning more about Buddhism. The organization's books and educational programs can help people to deepen their understanding of the dharma and to live more mindful and aware lives.

The Mountain Record Of Zen Talks is a classic work of Zen literature. Yunmen's talks are full of wisdom and humor, and they can offer guidance and inspiration to anyone who is seeking to live a more mindful and aware life. Dharma Communications is a non-profit organization that is dedicated to the translation and publication of Buddhist texts. The organization's books and educational programs can help people to deepen their understanding of the dharma and to live more mindful and aware lives.



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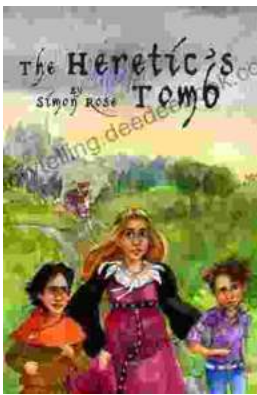
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