



# **Classics of Buddhism and Zen, Volume 1: The Collected Translations of Thomas Cleary**

*Thomas Cleary*

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The volume includes:

*Zen Lessons: The Art of Leadership*

This guide to enlightened conduct for people in positions of authority is based on the teachings of several great Zen masters of China.

*Zen Essence: The Science of Freedom*

Drawn from the records of the great Chinese Zen masters of the Tang and Song dynasties, this collection represents the most open and direct forms of instruction in the entire Zen canon.

*The Five Houses of Zen*

These writings are widely considered to be preeminent among Zen literature.

*Minding Mind: A Course in Basic Meditation*

The meditation instructions in this book focus on attaining a state of true objectivity that enables the practitioner to use all other forms of meditation freely and consciously, without becoming fixated or obsessed.

*Instant Zen*

Presented here are the teachings of Foyan, who offers simple exercises in attention and thought designed to lead to insight into the real nature of self.



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