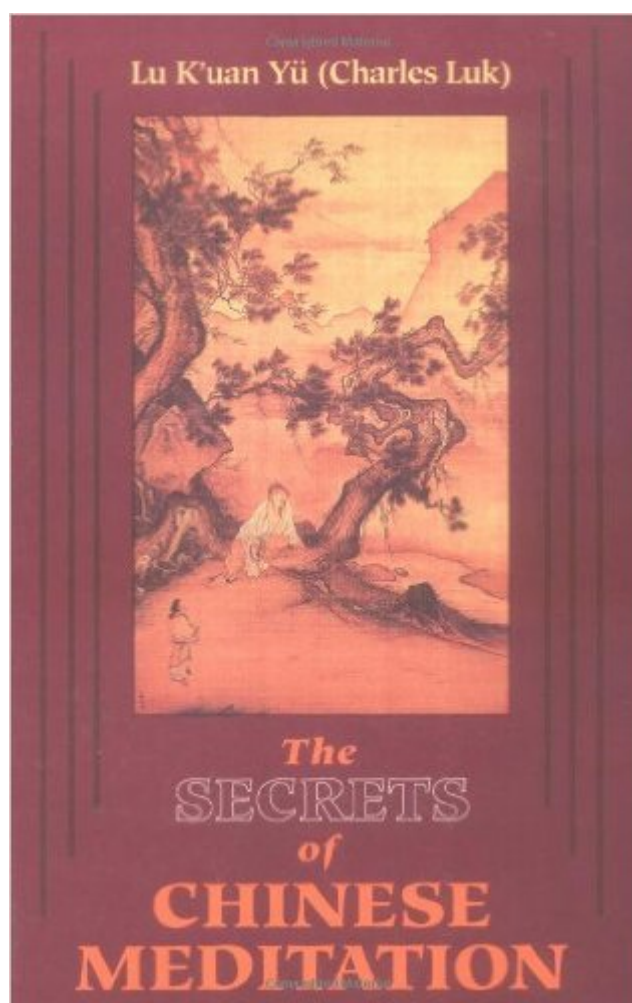


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# The Secrets Of Chinese Meditation: Self-Cultivation By Mind Control As Taught In The Ch'An, Mahayana And Taoist Schools In China



## Synopsis

The Secrets of Chinese Meditation is a classic text that presents a rare opportunity: a chance to study the ancient and original sources which are the basis for most contemporary texts on consciousness development. Lu K'uaan Yu is one of the foremost interpreters of Chinese meditation practices. This concise volume is a presentation of different methods of meditation as practiced in China, including extracts from ancient and modern classics as well as practiced and detailed suggestions for meditation. Meditation is crucial for the development of consciousness, and the Taoist art of controlling the breath is a prerequisite for training in the martial arts. The Secrets of Chinese Meditation provides students with practical instructions for controlling the breath and calming the mind- the foundation of self-realization. The way to consciousness will be different for all individuals. This classic work is a source book that encourages you to knowledgeably choose the way most useful to your chosen path.

## Book Information

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## Customer Reviews

An excellent introduction to the various meditation techniques used by Buddhists and Taoist. A very important message regarding meditation is that the quality of one's meditation is directly proportional to one's virtue. Cultivate virtue and your meditation will be successful. The chapters on Zen and Pure Land meditation techniques are highly recommended. Patriarch Hsu Yun's discourse on using the "hua tou", or koan, is extremely valuable.

This is an interesting book. I have long been a fan of this author after reading a wonderful translation of the Diamond Sutra he did years ago. Here he has laid out the basics of several types of "self cultivation" practiced for centuries in China. He has done so using an interesting style, wherein the bulk of the book is devoted to extensive quotes from original source texts of bygone masters. His own commentary is kept to a minimum, and the reader is left to make his/her own comparisons and conclusions. Starting off with an exposition from the Surangama Sutra, he then deals in turn with the techniques of the Ch'an (Zen), Pure Land, T'ien T'ai (Tendai) and Taoist schools. A larger amount of time was spent on the latter than seemed warranted, and the source material quoted seemed less directly related to most people's practices than the others, but it was still interesting. I was particularly pleased to have such a clear explanation of the Ch'an school, something hard to find in the other writings about it that I have read.

An excellent book on meditation. Very well written and comprehensive. This book should not only be read, it should be studied. I learn something new from it every time. This is a scholarly work, but it is not difficult to understand. The book is scientific in its study of the mind and how to bring about its control. It has none of the fluff that is associated with some new age books. This book has all substance. It has been in print for dozens of years, and little wonder. It is excellent.

Wonderful book! Very good extracts of the main chinese paths to Realization! I would suggest reading William Bodri's book in addition for a whole view of the process. In fact, these texts are gems by themselves. But honestly, to understand how their related practices must be practice gradually, Bodri's help is really a good hand! Good lecture!

I really like this book because it was composed at a high level of enlightenment. It's not about how to reach clarity. It's about how 6 traditions reach that state. I tend to pay attention to Zen, Taoism, and American Indian traditions more than any others, and this book has pretty good workings in Tao and Zen. I would no more tell you to follow one path as I would tell you how to taste your food or kiss a woman.

As a novice, I found this book troublesome. While the information is very interesting for my Buddhist study, it offered me little practical help in my meditation practices. I do enjoy the text for its readings and explanations of the various schools of Buddhist thought. But I have found better texts and more helpful texts when it comes to instruction on personal meditation.

This is a must read for anyone wanting to get into meditation. It covers almost every conceivable form of meditation. Will help a reader decide what form of meditation is right for them to pursue.

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