

SUR L'AUTRE RIVE



Le Treacutesor Du Zen Lautre Rive

Lauren Gardner



Le Trésor du Zen L'autre Rive:

Le Trésor du zen Me Zenji Dôgen, 2013-12-01 Voici ici rassemblés deux ouvrages majeurs de Taisen Deshimaru 1914-1982 moine zen de l'école soto qui fonda en France et dans plusieurs pays d'Europe de très nombreux dojos centres de pratique Le Trésor du Zen et L'autre Rive qui en constitue la suite se présentent comme des commentaires de l'enseignement de maître Dogen l'une des plus grandes figures de la tradition zen qui en fut le véritable fondateur en transmettant dans le Japon du XIII^e siècle l'esprit et la pratique du Chan chinois travers une discipline à la fois spirituelle et corporelle qui passe par la méditation assise zazen le pratiquant découvre les trois éléments fondamentaux de la libération intérieure la respiration juste l'état d'esprit juste la posture juste Telle est en substance la voie du Zen enracinée dans la tradition du bouddhisme Mahayana dont deux textes consacrent l'amour et la sagesse sont également commentés par l'auteur **Zen, ou comment passer sur l'autre rive** Claude Durix, 1987 **L'autre rive**, 1988

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