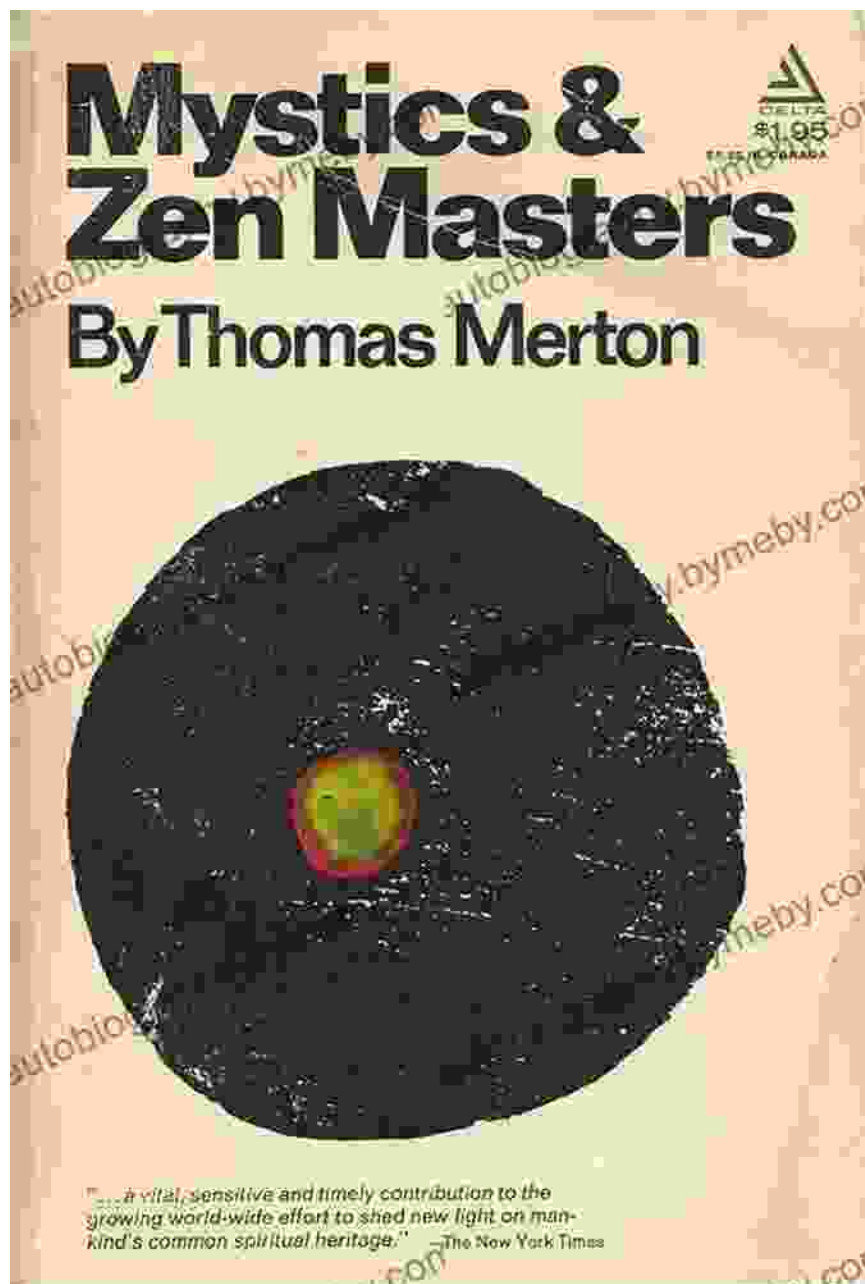


Mystics And Zen Masters: A Journey of Spiritual Exploration with Thomas Merton



Mystics and Zen Masters by Thomas Merton

★★★★☆ 4.3 out of 5

Language : English

File size : 454 KB

Text-to-Speech : Enabled



Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 321 pages



Thomas Merton was a Trappist monk, writer, and poet who spent much of his life exploring the spiritual traditions of East and West. His book *Mystics And Zen Masters* is a profound exploration of the similarities and differences between these two traditions, offering insights into the nature of reality, the path to enlightenment, and the importance of compassion.

Merton begins by discussing the concept of mysticism, which he defines as "the experience of the divine or ultimate reality." He argues that mysticism is not limited to any particular religion or culture, but is rather a universal human experience. He then goes on to explore the lives and teachings of some of the world's great mystics, including Meister Eckhart, St. Teresa of Avila, and Zen Master Dogen.

Merton finds that while there are many different ways to experience the divine, there are also some common themes that run through all mystical traditions. These themes include the importance of silence, solitude, and contemplation; the need for a radical transformation of consciousness; and the experience of a deep and abiding love for all beings.

Merton also explores the relationship between mysticism and Zen Buddhism. He argues that Zen is not a religion in the traditional sense, but

rather a way of life that is based on the teachings of the Buddha. Zen emphasizes the importance of living in the present moment, letting go of attachments, and seeing the world as it truly is.

Merton finds that there are many similarities between mysticism and Zen Buddhism. Both traditions emphasize the importance of direct experience, the need for a radical transformation of consciousness, and the importance of compassion. However, there are also some important differences between the two traditions. For example, mysticism tends to focus on the experience of a personal God, while Zen Buddhism emphasizes the importance of letting go of all attachments, including the attachment to a self.

Despite their differences, Merton believes that mysticism and Zen Buddhism can offer us valuable insights into the nature of reality, the path to enlightenment, and the importance of compassion. He argues that both traditions can help us to live more fully in the present moment, to let go of our attachments, and to see the world with eyes of love.

Mystics And Zen Masters is a profound and thought-provoking book that offers a unique perspective on the spiritual traditions of East and West. Merton's insights into the nature of reality, the path to enlightenment, and the importance of compassion are invaluable for anyone who is interested in exploring the deeper dimensions of human experience.

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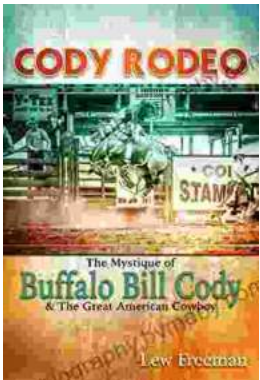
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