

Brief Spiritual Lessons Research By Michael P. Garofalo

**Brief Wisdom Tales, Koans, Stories,
Meditations, Dialogues, Lessons, Lectures**

**Taoists, Chan Buddhists, Zen Buddhists, Philosophers
China, Japan, and the Pacific West Coast of the USA
Classical, Medieval, and Contemporary Texts**

Subject Index to 1,001 Zen Buddhist Koans

Book of Serenity BOS

Blue Cliff Record BCR

Gateless Barrier GB

Transmission of Light TOL

Rinzai Zen Buddhism

Dogen's Shinji Mana Shobogenzo Koans DSMS and DSSS

Dogen's Shobogenzo Essays DSE

Dogen Studies Project

Dao De Jing - Tao Te Ching DDJ

Zhuangzi - Chuang Tzu ZUAN

I Ching Yijing Hexagrams HEX

Lieh-Tzu: Taoist Guide to Practical Living TGPL

365 Tao Meditations DMD

Fireplace Records TFR

Text Authorities

Essays, Lessons, Chapters, Lectures, Brief Stories, Anecdotes, Dialogues,
Chapters, Lore,
History, Public Records or Cases, Interactions, Parables, Questions and
Answers, Puzzles,
Challenges, Inquiries, Meditations, Tales, Tests, Teaching, Teishos, Koans

Brief Spiritual Lessons and Koans Database Project 2023–2024

English Language Texts Chosen for Indexing

BCR Blue Cliff Record 100 Koans Buddhist
BOS Book of Serenity 100 Koans Buddhist
DDJ Dao De Jing 81 Chapters Lessons Taoist
DKO Dogen's Extensive Record Eihei Koroku Essays Buddhist
DMD 365 Tao 365 Chapters Meditations Taoist
DSE Dogen's Shobogenzo 95 Essays Buddhist
DSMS Dogen's Shinji Mana Shobogenzo 301 Koans Buddhist
DSSS Master Dogen's Shinji Shobogenzo 301 Koans Buddhist
DSZE Dogen's Shobogenzo Zuimonki Essays Buddhist
EDT Everyday Tao 365 Chapters Lessons Taoist

ENT Entangling Vines 272 Koans Buddhist
GB Gateless Barrier 48 Koans Buddhist
ICHI I Ching Yijing 64 Hexagrams Taoist
INFO Information, Notes, History, Leaders, West Coast USA
IR Iron Flute 100 Koans Buddhist
LIN Linji's Record 50 Koans Buddhist
MRK Mystical Realist by Hee-Jin Kim Dogen Buddhist
OHPB One Hundred Parable Sutra 100 Koans Buddhist
OM Opening a Mountain 60 Koans Buddhist
REH Record of Empty Hall 100 Koans Buddhist
RINZ Rinzai Zen Buddhist
SAM Samurai Zen 100 Koans Buddhist
TFR Fireplace Records 25 Chapters Philosopher
TFTO Tales From the Tao 31 Chapters Taoist
TGPL Lieh-Tzu 111 Chapters Lessons Taoist
TLT Lunar Tao 150 Chapters Events Taoist
TOL Keizan Biographies 53 Biographies Buddhist
RINZ Rinzai Zen Buddhism
VES Vitality Energy Spirit 100 Lessons Taoist
VTAR Voyager Tarot 78 Cards Philosopher
WEN Wen-Tzu 180 Chapters Lessons Taoist
ZE Zen Echoes 43 Koans Buddhist
ZHUA Zhuangzi Chuang Tzu 33 Chapters Taoist
ZMBM Zen Mind, Beginners Mind 36 Lessons Buddhist

[Keys to Collections of BSL/Koans Databases](#)

**Research, Indexing, Studies by
Michael P. Garofalo**

**The Librarian of Gushen Grove
Valley Spirit Center, Red Bluff, Northern California**



**Information Bibliography Quotations I
ndex Links Resources Reading List**

Cloud Hands

**Blog Buddhism Paramitas Taoism Vi
rtues Philosophy**

**Brief Spiritual Lessons, Stories, Sermons,
Koans, Lectures, Meditations, Tales**



Koans: Database Project

Introduction

For the purposes of the Brief Spiritual Lessons (BSL) Database Project:

I define a 'Koan' as one kind of Brief Spiritual Lesson (typically 1 page in length, called a 'Case') from the Chan/Zen Buddhist traditions. The Taoist brief spiritual Lessons are teaching stories that are from 1 to 4 pages in length, often called 'Chapters' or 'Verses' rather than 'Cases'. These Brief Spiritual Lessons have been preserved for many centuries by Taoists, Chan Buddhists, Zen Buddhists, and Philosophers; and some were created since 1980. They are typically found in 'BSL/Koan/Meditations Collections" with from 48 to 365 brief spiritual lessons or meditations (mostly 1 page in length), not including later additions of commentaries, capping verses, poems, introductions, prefaces, and notes that can make for 2–6 pages of reading per Lesson.

Each brief spiritual Lesson (Case, Chapter) is titled in a Collection. The BSL titles are listed numerically in the front of the BSL/Koan/Meditation Lessons Collection; but the Lessons are in random order. There is no list of Lesson titles in alphabetical order. There are no detailed subject or title indexes to the many examples of Taoist or Buddhist brief spiritual Lessons in these 'BSL/Koan Collections'.

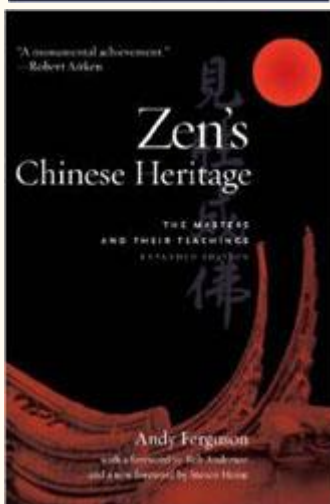
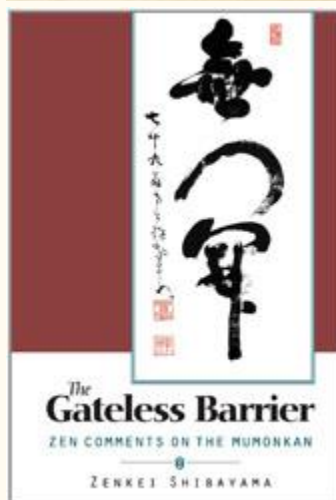
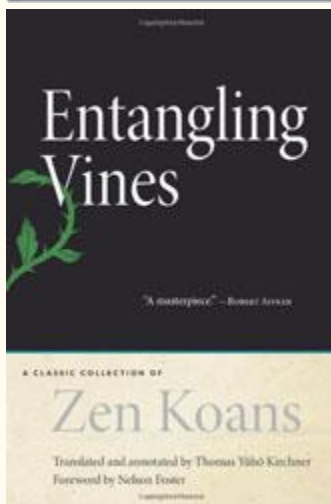
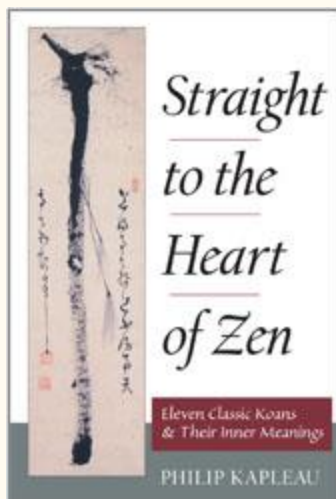
The Brief Spiritual Lessons Database Project attempts to provide the indexing needed for more detailed and comparative studies of these popular literary collections of brief spiritual Lessons from Taoists and Buddhists available since 1960 in the English Language. This database project is primarily a literary, philosophical, subject, bibliographical, historical, and comparative study. As I read and study these classic Taoist and Buddhist BSL/Koan Collections, my notes, correlations, thoughts and indexing become reflected in the many PDF files of this 2023–2024 Brief Spiritual Lessons Database Project. Also, these studies result in some of the Chapters of The Fireplace Records."

I use Microsoft's Access Database. My skill set for this database management software is at a *beginner's level*. However, I hope to improve in 2023–2024.

When inputting Sanskrit, Chinese, or Japanese personal names, places, references, or subjects *I don't know how* to use diacritical marks and special punctuation. Therefore, this may create a little frustration for seasoned researchers whose hard earned skills at a second or third language might think I don't show more respect by using more accurate typography. The results are simple and practical, although they lack in typographical sophistication.

I try to be a decent indexer. I am very familiar with the original resources, having read many books in this area of inquiry since 1962. I reread the specific text a couple of times before indexing. Indexing is somewhat of an idiosyncratic exercise in analysis of text. Hopefully, a few devotees of this literature will find the indexes useful. Naturally, I benefit greatly from the process of indexing in terms of insights, understanding, philosophical enchantment, and lifestyle guidance.

– Michael P. Garofalo, Brief Spiritual Lessons Database Project





Koans, Mondos, Stories, Exchanges, Sutras, Cases: Bibliography, Resources, Links, Reading List

A

Are You Still Here: Zen Teachings of Kyogen Carlson. By Kyogen Carlson. Edited by Sallie Tisdale. Foreword by Jan Chozen Bays. Shambhala, 2021, 321 pages. Kyogen Carlson (1948-2014) was the Abbot and Roshi for the Dharma Rain Temple in Portland, Oregon. One of his Dharma heirs, Sallie Tisdale, edited his talks and writings. Kyogen Carlson first trained with Jiyu Kennett at Mount Shasta Abbey in Northern California. VSCL, Paperback.

Authority Documents, English Language Texts, Indexed in the Brief Spiritual Lessons Database Project

B

Best Koan Books: My Favorites. By Michael P. Garofalo.

The Blue Cliff Record

The Blue Cliff Record Koan Collection (BCR)

100 Cases of Brief Koans, Stories, Spiritual Encounters, Wisdom Tales, Sermons, Dialogues

Compiled around 1125 CE

Indexed by Michael P. Garofalo. First Draft on March 25, 2023.

Source for Case Titles: *The Blue Cliff Record*, Translated by Thomas Cleary and J. C. Cleary, 1977.

Alphabetical List of the Blue Cliff Record (BCR) Koan Collection Cases. PDF, 4 pages.

List of Cases by Case Numbers in the Blue Cliff Record (BCR) Koan Collection. PDF, 4 pages.

Subject Index to Cases in the Blue Cliff Record (BCR) Koan Collection. PDF, 21 pages.

Subject Index to Cases in Koan Collections. Indexed by Michael P. Garofalo.

Blue Cliff Record - Wikipedia In the Song dynasty (960-1279) Zen flourished in China. Zen Master Xuedou Zhongxian (Jap. Setcho) (980-1052) sorted through hundreds of *Yulu* collections of encounter dialogues, and came up with 100 good examples, or Cases, for Zen training purposes. His compilation was called *The One Hundred Odes*.

Odes to a Classic Hundred Standards by Xuedou Zhongxian

The Chinese Zen Master Yuanwu Kegin (Jap. Engo) (1063-1135) revised *The One Hundred Odes*. He added introductions/prefaces for each Case, added some all the recapitulation verses, added notes and added comments. After his efforts, his written document came to be titled *The Blue Cliff Record*, *Pi Yen Lu*, *Hekiganroku* by later users.

Blue Cliff Record - Wikipedia Directory of Commentaries for Each Case of the Blue Cliff Record. By Matthew Juksan Sullivan.

The Blue Cliff Record. Translated by Thomas Cleary and J. C. Cleary. Foreword by Taizan Maezumi Roshi. Boston, Shambhala, 2005. Glossary, biographies, bibliography, 648 pages. ISBN: 9781590302323. VSCL, Paperback.

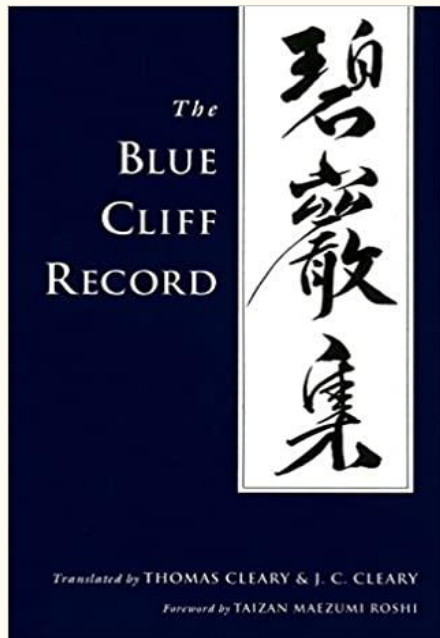
The Garden of Flowers and Weeds: A New Translation and Commentary on the Blue Cliff Record. By Matthew Juksan Sullivan. Monkfish Pubs., 2021, 580 pages. VSCL, Hardbound.

Blue Cliff Record, Online Text. Blue Cliff Record Online Bootleg

The Blue Cliff Record Joan Sutherland and John Tarrant

The Book of Mu: Essential Writings on Zen's Most Important Koan. Edited by James Ishmael Ford and Melissa Myozen Blacker. Foreword by John Tarrant. Wisdom Publications, 2011. 352 pages. ISBN: 978-0861716432.

Directory of Commentaries for Each Case of the Blue Cliff Record. By Matthew Juksan Sullivan.



Book of Serenity (Equanimity) (BOS)

Book of Equanimity, Book of Serenity

The Book of Serenity (BOS) Book of Equanimity

100 Cases of Brief Stories, Spiritual Encounters, Koans, Wisdom Tales, Sermons, Dialogues, Parables

Compiled and published around 1224 CE.

Indexed by Michael P. Garofalo. First Draft on April 3, 2023.

Source for Case Titles: *The Book of Serenity: One Hundred Zen*

Dialogues. Translated with commentary by Thomas Cleary, 2005, 512 pages.

[Alphabetical List of the Book of Serenity \(BOS\) Koan Collection Cases.](#)

PDF, 4 pages.

List of Cases by Case Numbers in the Book of Serenity (BOS) Koan Collection. PDF, 4 pages.

Subject Index to Cases in the Book of Serenity (BOS) Koan Collection. PDF, 19 pages.

The Book of Equanimity: Illuminating Classic Zen Koans. By Gerry Shishin Wick. Foreword by Bernie Glassman. Boston, Wisdom Publications, 2005. Recommended reading list, list of names index, 331 pages. ISBN: 9780861713875. VSCL, Paperback.

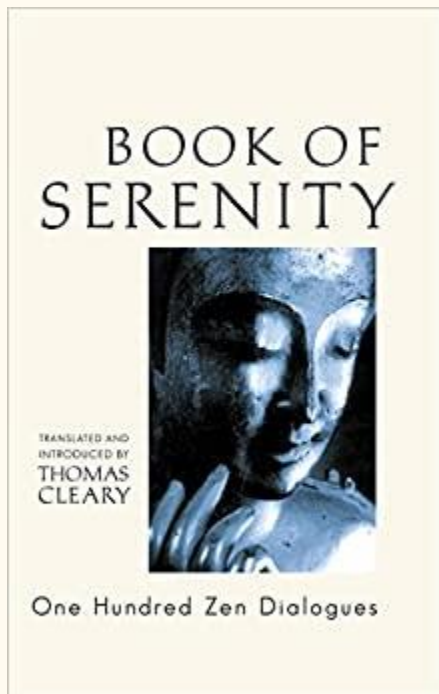
Book of Serenity: One Hundred Zen Dialogues. Translation and commentary by Thomas Cleary. Shambhala, 2005, glossary, notes, 463 pages. 100 Koans. VSCL, paperback.

Book of Serenity By Joan Sutherland, Roshi

Shoyoroku (E. Book of Serenity, C. Ts'ung-jung lu) Online version of the Book of Serenity.

A collection of 100 koans, originally compiled in the 12th century by Wanshi Shogaku (C. Hung-chih Cheng-ch'eh).

Book of Equanimity - Wikipedia 100 Cases. Compiled by Wansong Xingxiu (1166-1246), and first published in 1224. The book comprises a collection of 100 koans written by the Chan Buddhist master Hongzhi Zhengjue (1091-1157), together with commentaries by Wansong. Wansong's compilation is the only surviving source for Hongzhi's koans.



[Blog: Cloud Hands Blog](#)

[Zen Koan Books I Use in My Research and Study of Koan Collections](#)

[Bring Me the Rhinoceros: And Other Zen Koans That Will Save Your Life.](#) By John Tarrant. Boston, Shambhala, 2008. Notes, 194 pages. ISBN: 9781590306185. A fascinating, insightful, and useful collection of commentaries on Zen Koans. Clear insights into how the process of using koan practice can lead to a profound change of heart. VSCL, Paperback.

[Buddhist Koans Subject Index: 621 Koans Indexed.](#) Second Draft, April 30, 2023, 102 pages, PDF.

Buddhism: Bibliography, Resources, Links, Reading List, Home Library. By Mike Garofalo

Timeline of Zen Buddhist Development in America

Buddhism Zen Index: The Compass of Zen by Zen Master Seung Sahn. Compiled and Edited by Hyon Gak Sunim. Preface by Maha Ghosananda. Forward by Stephen Mitchell. Index prepared by John Holland and Ty Koontz.

C

Chuang Tzu (ZHUA) Zhuang Zhou = Zhuangzi

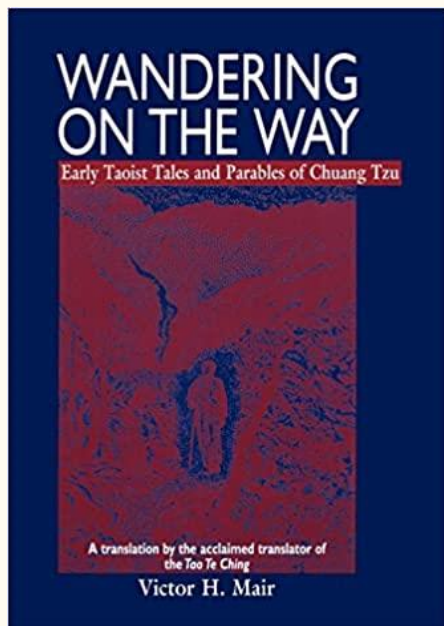
Wandering on the Way. Early Taoist Tales and Parables of Chuang Tzu. Translated by Victor H. Mair. Bantam, 1994, 402 pages, VSCL. 33 Stories.

The Book of Chuang Tzu. Translated by Martin Palmer and Elizabeth Breuilly. Penguin Classics, 2007, 352 pages. VSCL. 33 Stories.

Chuang-tzu: The Tao of Perfect Happiness. Translated, annotated, and explained. By Livia Kohn. Skylight, 240 pages, VSCL. 33 Stories.

Taoist Books Reading List

Zhuang Zhou = Zhuangzi = Chuang Tzu at Wikipedia



Cloud Hands Blog By Mike Garofalo.

Cracking the Code of the Zen Koan: A Five Volume Zen Koan Anthology. Compiled by Stephen Wolinsky. E-Kindle Book, 2021, 676 pages. VSCL, Kindle E-Book.

D

Daodejing (DDJ) Tao Te Ching

Dao De Jing by Laozi (Tao Te Ching by Lao Tzu)

Daodejing by Laozi, Te Ching by Lao Tzu

Daodejing by Laozi.

81 Verses, Cases, Chapters. Our popular version compiled around 220 CE. Indexed by Michael P. Garofalo. Third Draft in June 2014.

A typical webpage created by Michael P. Garofalo for each one of the 81 brief Chapters (Verses, Cases, Sections) of the Daodejing includes 25 different English language translations or interpolations for that Chapter, 5 Spanish language translations for that Chapter, the Chinese characters for that Chapter, the Wade-Giles and Hanyu Pinyin transliterations (Romanization) of the Mandarin Chinese words for that Chapter, and 2 German and 1 French translation of that Chapter. Each webpage for each one of the 81 Chapters of the Daodejing includes extensive indexing by key words, phrases, and terms for that Chapter in English, Spanish, and the Wade-Giles Romanization. Each webpage on a Chapter of the Daodejing includes recommended reading in books and websites, a detailed bibliography, some commentary, research leads, translation sources, a Google Translate drop down menu, and other resources for that Daodejing Chapter.

[Chapter and Thematic Index \(Concordance\) to the Tao Te Ching by Lao Tzu](#)

[English Language Daodejing Translators' Source Index](#)

[Spanish Language Daodejing Translators' Source Index](#)

[Ripening Peaches: Taoist Studies and Practices](#)

[Taoism: A Selected Reading List](#)

[One Old Daoist Druid's Final Journey](#)

Daodejing by Laozi (DDJ)

81 Chapters, Verses, Cases, Sections.

Our popular Chapter order version was compiled around 220 CE.

Indexed by Michael P. Garofalo. First Draft on March 29, 2023.

Source for Case/Verse/Chapter Titles: Tao Te Ching translation by [Lin Yutang](#) in 1955.

For the Koan Database, I limited search terms/Tags to 4 entries.

My more extensive online searchable [Concordance for the Tao Te Ching](#) is described above.

[List by Chapters/Case Numbers for the Daodejing \(DDJ\)](#). PDF, 3 pages.

[Alphabetical List of the Titles of Chapters in the Tao Te Ching \(DDJ\)](#). PDF, 3 pages.

[Subject Index to Cases in the Tao Te Ching \(DDJ\)](#) PDF, 13 pages.



Daoism or Taoism

Brief Spiritual Lessons, Tales, Stories, Fables

[Tales From the Tao: The Wisdom of the Taoist Masters](#). By Solala Towler. Introduction by John Cleare. Watkins, 192 pages, 2017. VSCL.

[Tales of the Dancing Dragons: Stories of the Tao](#). By Eva Wong. Shambhala, 174 pages, 2007.

[The Boy, the Mole, the Fox, and the Horse](#). By Charlie Mackesy. Harpers, 2018, 128 pages.

[Tales of the Taoist Immortals](#). By Eva Wong. Shambhala, 2001, 176 pages.

[365 Tao: Daily Meditations](#). By Deng Ming Dao. Harper One, 1992, 400 pages.

[The Dao in Action: Inspired Tales for Life](#). By Yang Jwing-Ming, Ph.D., YMAA, 2019, 236 pages. VSCL.

Taoism: *Tao Te Ching*, Bibliography, Resources, Indexes, Commentary. By Mike Garofalo.

Lieh-Tzu: A Taoist Guide to Practical Living Translated by Eva Wong. Boston, Shambhala, 2001, 246 pages, VSCL. 111 Stories.

Dao De Jing or Tao Te Ching. Extensive website by Michael P. Garofalo.

Taoist Tales – Books

Chapter and Thematic Index (Concordance) to the Tao Te Ching by Lao Tzu Indexed by Michael P. Garofalo. 81 Chapters

The Dao in Action: Inspired Tales for Life. By Yang Jwing-Ming, Ph.D., YMAA, 2019, 236 pages. VSCL.

Wandering on the Way. Early Taoist Tales and Parables of Chuang Tzu. Translated by Victor H. Mair. Bantam, 1994, 402 pages, VSCL. 33 Stories.

The Book of Chuang Tzu. Translated by Martin Palmer and Elizabeth Breuilly. Penguin Classics, 2007, 352 pages. VSCL. 33 Stories.

Chuang-tzu: The Tao of Perfect Happiness. Translated, annotated, and explained. By Livia Kohn. Skylight, 240 pages, VSCL. 33 Stories.



Dogen's Shinji Mana Shobogenzo Koans (DSMS)

Dogen, Eihei (1200-1253 CE) Japanese Soto Zen Master



***Shinji Mana Shobogenzo* 300 Koans Collection**

Dogen's *Shinji Mana Shobogenzo* 300 Koan Collection DSMS

Buddhism: Dogen's *Shinji Mana Shobogenzo Koan Collection*

DSMS 300 Koan Cases

Text Authority:

[The True Dharma Eye: Zen Master Dogen's Three Hundred Koans.](#)

Translated by Kazuaki Tanahashi and John Daido Looi. Shambhala, 2005, index, glossary, lineage charts, biographies, 472 pages.

Master Dogen's *Shinji Shobogenzo* 301 Koan Collection DSSS

Buddhism: Master Dogen's *Shinji Shobogenzo Koan Collection*

DSSS 301 Koan Cases

Text Authority:

Master Dogen's Shinji Shobogenzo: 301 Koan Stories. Translation by Gudo Nishijima. Edited by Michael Luetchford and Jeremy Pearson. 2020, 397 pages.

Indexing by Michael P. Garofalo

Green Way Research, Vancouver, Washington
2nd Draft, May 30, 2023

Alphabetical Order List of English Titles of Cases in Dogen's *Shinji Mana Shobogenzo* 300 Koan Collection (DSMS). PDF, 4/30/2023, 11 pages.

Cases in Numerical Order of English Titles in Dogen's *Shinji Mana Shobogenzo* 300 Koan Collection (DSMS). PDF, 4/30/2023, 11 pages.

Alphabetical Order List of the Teachers in Dogen's *Shinji Mana Shobogenzo* 300 Koan Collection (DSMS). PDF, 4/30/2023, 11 pages.

Subject Index to All Cases in Dogen's *Shinji Mana Shobogenzo* 300 Koan Collection (DSMS). PDF, 4/30/2023, 51 pages.

Master Dogen's Shinji Shobogenzo: 3001 Koan Stories. Translated with commentary by Gudo Nishijima; edited by Michael Luetchford. Kindle E-Book, 397 pages, 2020. VSCL, Kindle E Book.

The True Dharma Eye: Zen Master Dōgen's Three Hundred Koans.

. Translated by Kazuaki Tanahashi and John Daido Looi. Commentary and verse by John Daido Looi. Boston, Shambhala, 2009. Index of koans, glossary, biographical, lineage charts, notes, 540 pages. ISBN: 978-1590302427. "When the thirteenth century master Eihei Dogen, one of the most influential thinkers in Zen Buddhism and founder of the Japanese Soto school, returned to Japan after four years of study in China, the fruit of his pilgrimage was recorded in a collection of koans called the *Chinese Shobogenzo*, also known as *Shinji* or *Mana Shobogenzo*. This collection of three hundred main cases was first published in 1766 under the title *Shobogenzo Sambyakusoku* (Treasury of the True Dharma Eye: Three Hundred Cases)." VSCL, Paperback, VSCL.

The True Dharma Eye: Zen Master Dogen's Three Hundred Koans.
Translated by Kazuaki Tanahashi and John Daido Looi. Free PDF Version.

Dogen Zenji's Genjo-Koan. By Shohaku Okumura.

Dogen and Koan: The Ultimate Truly Definitive Unquestionable Smoking Gun. By Dosho Port.

Dogen - Indexes, Bibliography, Links, Resources, Information

Koans in the Dogen Tradition: How and Why Dogen Does What He Does with Koans. By Steven Heine. PDF File.

"A koan is a little nugget of something an awakened master did during his lifetime."

- Henry Shukman

Subject Index to Cases in Six Koan Collections. Indexed by Michael P. Garofalo.

"The ***Shinji Shōbōgenzō*** (çœÿâ—æ£æ³•çœ¼è"μ) or ***True Dharma Eye 300 Cases*** (*Shōbōgenzō Sambyakusoku*), or ***Treasury of the True Dharma Eye*** (*Mana Shōbōgenzō*), compiled by Eihei Dōgen in 1223–1227, was first published in Japanese in 1766. The literary sources of the *Shinji Shōbōgenzō* are believed to have been the *Keitoku Dentōroku* and the *Shōmon Tōyōshō*. [1] It is written in Chinese, the language of the original texts from which the *koans* were taken. File.

- Wikipedia

Dogen's Genjo Koan: Three Commentaries "Counterpoint, 2012. 240 pages. ISBN: 978-1582437439. "Our unique edition of Dogen's *Genjo Koan (Actualization of Reality)* contains three separate translations and several commentaries by a wide variety of Zen masters. Nishiari Bokusan, Shohaku Okamura, Shunryu Suzuki, Kosho Uchiyama. Sojun Mel Weitsman,

Kazuaki Tanahashi, and Dairyu Michael Wenger all have contributed to our presentation of this remarkable work. There can be no doubt that understanding and integrating this text will have a profound effect on anyone's life and practice."

Dogen and the Koan Tradition: A Tale of Two Shobogenzo Texts. By Steven Heine. SUNY, 1993, 352 pages.

Dogen - Wikipedia

Eihei Dogen: My Reading List and Other Research Tools

Japanese Zen Buddhist Philosophy - Stanford Encyclopedia of Philosophy

Buddhism: The Essential Dogen **ESS** 40 Chapters
The Essential Dogen. Edited by Kazuaki Tanahashi and Peter Levitt, 232 pages.

Dogen Zen Study Books.

Buddhism: Dogen's Shobogenzo Lectures Collection **DSL** 95
Faciles/Chapters
Master Dogen's Shobogenzo. Translation and commentary by Gudo Nishijima and Chodo Cross, 1994, Four Books.

Dogen: Japan's Original Zen Teacher. By Steven Heine. Shambhala, 2021, 360 pages. VSCL, Paperback.



Dogen's *Shinji Mana Shobogenzo* Koan Collection DSMS 300 Cases

Buddhism: Dogen's *Shinji Mana Shobogenzo Koan Collection* **DSMS** 300 Koan Cases

Text Authority: The True Dharma Eye: Zen Master Dōgen's Three Hundred Koans.

Translated by Kazuaki Tanahashi and John Daido Looi, 2005, 472 pages.

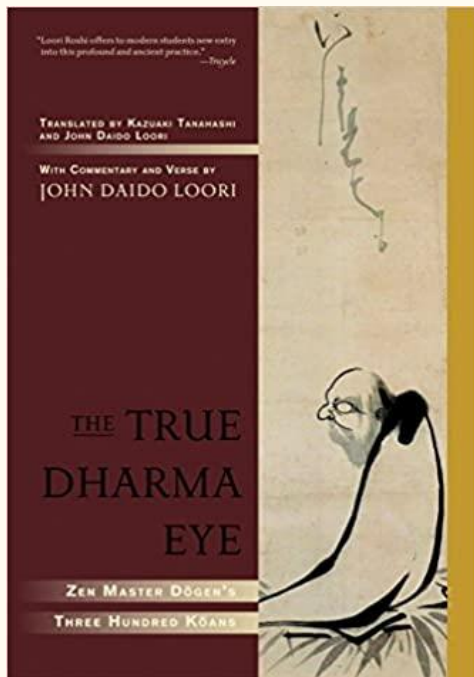
Indexing by Michael P. Garofalo
Green Way Research, Vancouver, Washington
1st Draft, April 30, 2023

Alphabetical Order List of English Titles of Cases in Dogen's *Shinji Mana Shobogenzo* 300 Koan Collection. PDF, 4/30/2023, 11 pages.

Cases in Numerical Order of English Titles in Dogen's *Shinji Mana Shobogenzo* 300 Koan Collection. PDF, 4/30/2023, 11 pages.

Alphabetical Order List of the Teachers in Dogen's *Shinji Mana Shobogenzo* 300 Koan Collection. PDF, 4/30/2023, 11 pages.

Subject Index to All Cases in Dogen's *Shinji Mana Shobogenzo* 300 Koan Collection. PDF, 4/30/2023, 51 pages.



Dogen's Shobogenzo Essays (DSE)

Dogen's *Shobogenzo* Essays Collection (DSE)

95 Fascicles/Chapters, Lectures, Essays, Sermons, Encouragements, Meditations

Written and published around 1240 CE.

By by Eihei Dogen, Zen Master Abbot Roshi Author Poet (1200-1253 CE)

Indexed by Michael P. Garofalo. First Draft on April 23, 2023.

Text Authority: Master Dogen's Shobogenzo. Translated with notes by Gudo Nishijima and Chodo Cross. 4 Volumes, 1999.

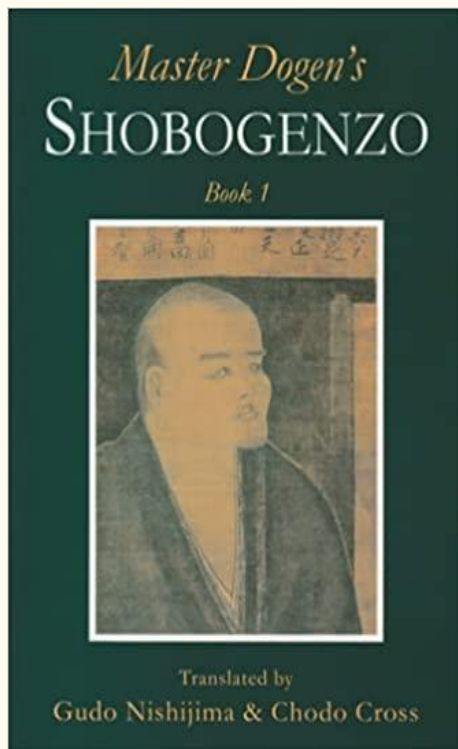
Japanese Alphabetical List of the Japanese Titles of the Fascicles/Chapters in Dogen's Shobogenzo (DSE) Essays, Lectures. PDF, 4 pages.

English Alphabetical List of the English Titles of the Fascicles/Chapters in Dogen's Shobogenzo (DSE) Essays, Lectures. PDF, 4 pages.

Numerical Order List of Japanese Titles of the Fascicles/Chapters in Dogen's Shobogenzo (DSE) Essays, Lectures. PDF, 4 pages.

Numerical Order List of English Titles of the Fascicles/Chapters in Dogen's Shobogenzo (DSE) Essays, Lectures. PDF, 4 pages.

Subject Index to Dogen's Shobogenzo Essays (DSE). PDF, 63 pages. First Draft, July 1, 2023.



Dogen's Shobogenzo Zuimonki Essays and Waka Poetry (DSZE)

Dogen's *Shobogenzo* Zuimonki Essays (DSZE)

6 Books: Lectures, Essays, Sermons, Encouragements, Criticism,
Meditations, Waka Poetry

Written and published around 1245 CE.

By Eihei Dogen Zen Master Abbot Roshi Author Poet (1200-1253)

Indexed by Michael P. Garofalo. First Draft on November 10, 2023.

Source for Research: Master Dogen's Shobogenzo Zuimonki Essays.

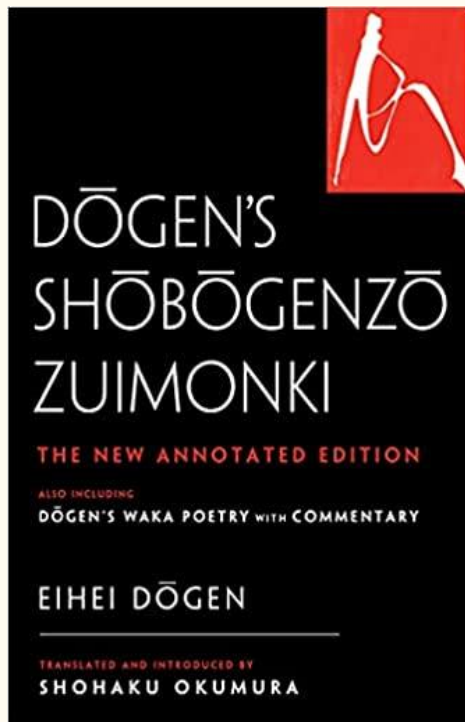
Translated with commentary by Shohaku Okumura.

Wisdom, 2022, 512 pages. Bilingual Edition. Includes all of Dogen's Waka Poetry. VSCL, Paperback.

Alphabetical List of Zuimonki Essays. November 10, 2023, PDF, 4 pages.

Numerical Chapter Order List. November 10, 2023, PDF, 4 pages.

Subject Index to Dogen's Shobogenzo Zuimonki Essays. November 10, 2023, PDF, 42 pages.



Dogen's Extensive Records Eihei Koroku (KORO)

Dogen's *Extensive Records Eihei Koroku* (KORO)

6 Books: Lectures, Essays, Sermons, Adhorations, Meditations

Written and published around 1245 CE.

By Eihei Dogen Zen Master Abbot Roshi Author Essayist Teacher Poet (1200-1253)

Indexed by Michael P. Garofalo. First Draft on October 15, 2023.

Text Authority: [Dogen's Extensive Record](#): A Translation of th Eihei Koroku.
By Eihei Dogen.

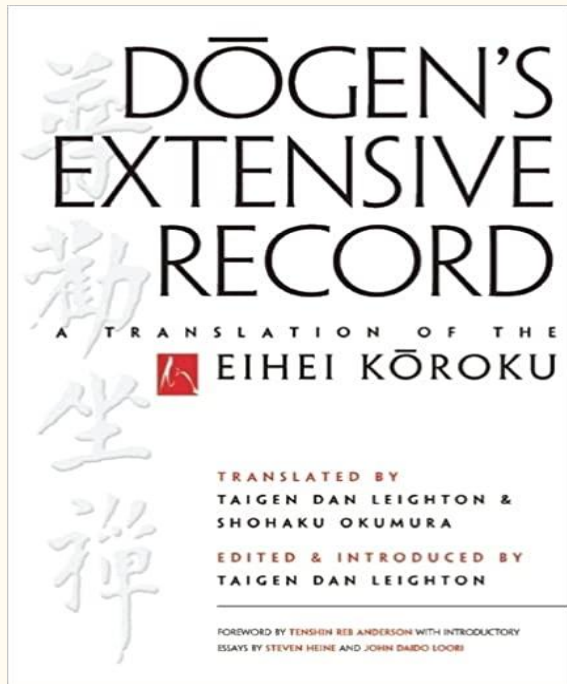
Translated by Shohaku Okumura. Edited by Dan Leighton. Foreword by
Tenshin Reb Anderson.

Contributions by John Daido Looi and Steven Heine. Wisdom Pubs., 2010,
824 pages, VSCL, Paperback.

Alphabetical List of Eihei Koroku Essays. October 15, 2023, PDF, 4 pages.

Numerical Chapter Order List of Eihei Koroku Essays. October 15, 2023, PDF,
4 pages.

Subject Index to Dogen's Eihei Koroku Essays. October 15, 2023, PDF, 42
pages.



Dogen Studies Project

Dogen Studies Project 2023-2024

Eihei Dogen (1200-1253 CE) Zen Master, Essayist, Poet, Abbot,
Teacher in Japan

Dogen's *Shobogenzo* 95 Essays Collection (DSE)

Dogen's Shobogenzo Zuimonki 30 Essays (DSZE)

Dogen's Shinji Mana Shobogenzo 300 Koan Collection (DSMS)

Dogen's Extensive Records Eihei Koroku 30 Essays (KORO)

Dogen's 68 Waka Poems (KORO)

Mystical Realist: Dogen. By Hee-Jin Kim. 50 Commentaries (MRK)

Dogen: Japan's Original Teacher. By Steven Heine. 50 Commentaries (DJOT)

Zen Mind, Beginner's Mind. By Shunryu Suzuki. 37 Chapters (ZMBM)

Indexing, Research, and Studies by Michael P. Garofalo

Green Way Research, Vancouver, Washington

First Draft, July 18, 2023

Subject Index to Dogen's Writing. PDF, July 18, 2023, 75 pages.

Brief Buddhist Spiritual Lessons, Koans, Essays, Chapters, Dialogues

Eihei Dogen Studies Project

<https://www.egreenway.com/buddhism/koans.htm>



E

***Entangling Vines* 272 Koans Collection**

Entangling Vines: A Classic Collection of Zen Koans. Translated and annotated by Thomas Yūhō Kirchner. Foreword by Nelson Foster. Introduction by Ueda Shizuteru. Boston, Wisdom Publications, 2013. Index, bibliography, charts, 338 pages. ISBN: 9781614290773. A

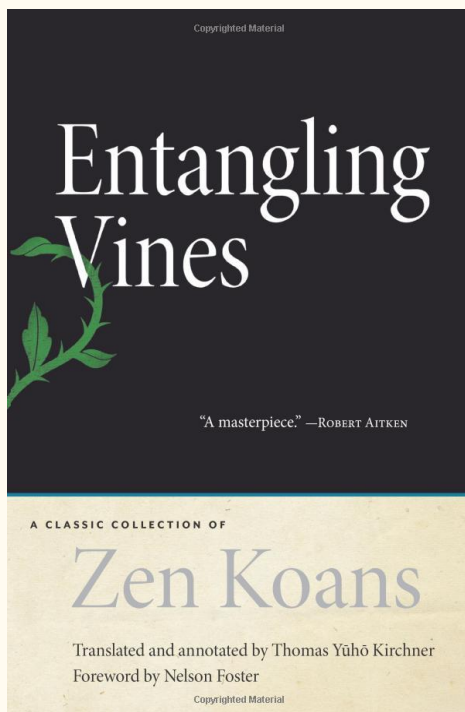
collection of 272 koans by Japanese Rinzai Zen masters and scholars called the *Shūmon kattōshū* (Entangling Vines) dating from 1689. Invaluable and unique biographies of the Teacher/Authors of all the Koans in the Entangling Vines Collection. Extensive and detailed index on pages 312-338.

Bibliography on pp. 304-312. Charts of the names of Teacher/Persons using Pinyin Romanization of Mandarin Chinese, Wade-Giles Romanization of Mandarin Chinese, and Romanization of Japanese, and Chinese characters for all indexes. Brief notes by Kircher for the 272 Koans. VSCL, Kindle E-Book and Paperback.

Subject Index to Cases in the Entangling Vines Koan Collection. Indexed by Michael P. Garofalo.

Alphabetical List of Cases in the Entangling Vines Koan Collection. Indexed by Michael P. Garofalo.

Subject Index to Cases in Koan Collections. Indexed by Michael P. Garofalo.



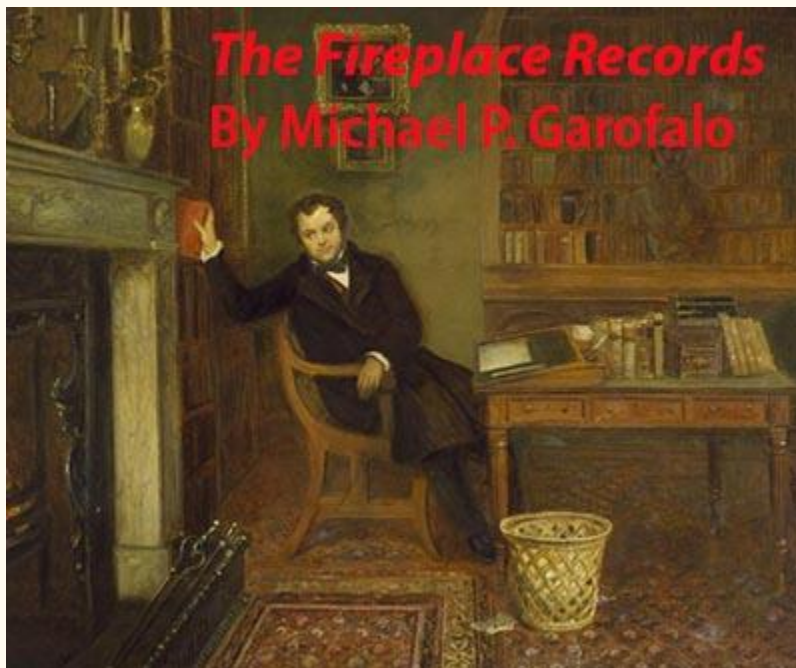
The Essential Teachings of Zen Master Hakuin. Translated by Norman Waddell. Shambhala Dragon Edition. A translation of *Sokkō-roku Kaien-fusetsu*. Boston, Shambhala, 1994. Notes, index, 137 pages. ISBN: 0877739722. Hakuin was a painter, calligrapher, and Zen master who lived from 1686-1769.

F

The Fireplace Records (TFR)

The Fireplace Records. By Michael P. Garofalo.

Fireplaces, Kitchens, Stoves, Campfires, Ovens, Pots, Kettles, Wood, BBQ
Literary reflections and flashes of insight around the fireplace
Compiled by Michael P. Garofalo



The Fireplace Records

By Michael P. Garofalo



Michael P. Garofalo

Cloud Hands Blog

Biography

The Fireplace Records (TFR)

Numerical Order List of 25 Chapters from *The Fireplace Records*. May 11, 2023. PDF, 2 pages.

Subject Index to 25 Chapters of *The Fireplace Records*. May 11, 2023. PDF, 9 pages.

**Alphabetical Order List of 25 Chapters from *The Fireplace Records*.
May 30, 2023, PDF.**

Sparks: Brief Spiritual Stories, Dialogues, and
Encounters

Matches to Start the Kindling of Insight

May the Light Your Inner Fireplace Help All Beings

Zen Buddhist Koan Collections

Catching Phrases, Inspiring Verses, Hard Questions

Bibliography, Quotations, Notes, Resources

Research by Michael P. Garofalo

The Fireplace Records

By Michael P. Garofalo



Flock of Fools: Ancient Buddhist Tales of Wisdom and Laughter From the One Hundred Parable Sutra. Translated and retold by Kazuaki Tanahashi and Peter Levitt. Grove Press, 2004, 208 pages.

The Flowing Bridge: Guidance on Beginning Zen Koans.. By Elaine MacInnes. Edited by Patrick Gallagher. Foreword by Ruben L. F. Habito. Sommerville, Massachusetts, Wisdom Publications, 2007. 160 pages. ISBN: 9780861715459. "Elaine MacInnes, a Catholic nun and a Zen teacher in the lineage of the renowned master Koun Yamada (author of Wisdom's *The Gateless Gate*), offers exceptionally valuable guidance to

beginners on how to work with koans-and reveals an uncommon depth of insight and an easy technical mastery of Zen's most misunderstood and most powerful tools.



The Garden of Flowers and Weeds: A New Translation and Commentary on the Blue Cliff Record. By Matthew Juksan Sullivan. Monkfish Pubs., 2021, 580 pages. VSCL, Hardbound.

Gateless Gate, Gateless Barrier (Wumenquan, Mumonkan) 48 Koans

Subject Index to Cases in the Gateless Barrier (GB). [48 Koans, Compiled around 1250 CE]

Alphabetical List of GB Cases. List of Cases by Case Numbers.
Indexed by Michael P. Garofalo. First Draft on March 25, 2023.

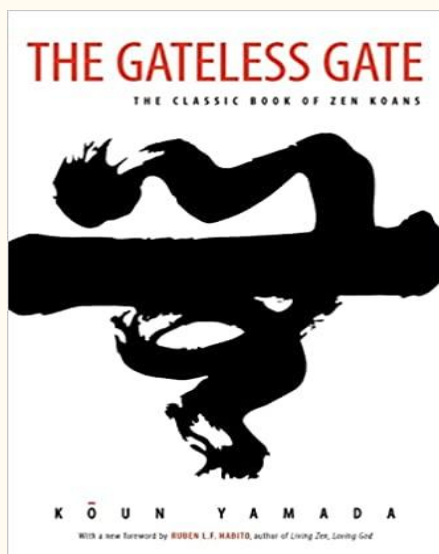
Subject Index to Cases in Koan Collections. Indexed by Michael P. Garofalo.

The Gateless Barrier: The Wu-Men Kuan (Mumonkan). Translated with a commentary by Robert Aitken. New York, North Point Press, 1991. Notes, bibliography, appendices, glossary, 332 pages. ISBN: 0865474427.

The Gateless Barrier: Zen Comments on the Mumonkan. By Zenkai Shibayama. Shibayama Roshi (1894-1974). Translated by Sumiko Kudo. Introduction by Shibayama Roshi. Preface by Kenneth W. Morgan, Colgate University. Boston, Shambhala, 2000. Glossary, index, 361

pages. ISBN: 9781570627262. "For more than seven centuries the Mumonkan (Gateless Barrier) has been used in Zen monasteries to train monks and to encourage the religious development of lay Buddhists. It contains forty- eight koans, or spiritual riddles, that must be explored during the course of Zen training. Shibayama Zenkei (1894-1974), an influential Japanese Zen teacher and calligrapher who traveled and lectured throughout the United States in the 60s and 70s, offers his own commentary alongside the classic text. The Gateless Barrier remains an essential text for all serious students of Buddhism." These lectures (Teisho) on the Gateless Barrier were given at Colgate University in 1974. VSCL, Paperback.

The Gateless Gate: The Classic Book of Zen Koans. Commentary and translation by Koun Yamada. Foreword by Ruben L. F. Habito. Wisdom Publications, 2004. 336 pages. ISBN: 9780861713820. "In *The Gateless Gate*, one of modern Zen Buddhism's uniquely influential masters offers classic commentaries on the *Mumonkan*, one of Zen's greatest collections of teaching stories. This translation was compiled with the Western reader in mind, and includes Koan Yamada's clear and penetrating comments on each case. Yamada played a seminal role in bringing Zen Buddhism to the West from Japan, going on to be the head of the Sanbo Kyodan Zen Community." VSCL, Paperback.



Gateless Gate or Gateless Barrier, Compiled by Mumon in 1228 CE,
Mumonkan, Wǎmǎnguān 無門關

Gateless Gate, Six English Translations, Terebess Online

Passing Through the Gateless Barrier: Koan Practice for Real Life. By Guo Gu. Shambhala, 2016, 440 pages. VSCL, Paperback.

Gateless Gate, Online Text in English and Chinese Characters

Gateless Gate, Online Text, In English, Translated by Eiichi Shimomissǎ, 1998

Gateless Gate, Online Text, in English, Transcribed by Nyogen Senzaki (1876â€"1958) & Paul Reps (1895â€"1990) in 1934, in "Zen Flesh, Zen Bones," pp. 109-161.

Gateless Gateway Joan Sutherland Roshi

Gateless Barrier - Wikipedia

Mumonkan. Translation and commentary by Reginald Horace Blyth. Title: Zen and Zen Classics, Volume Four: Momonkan. Hokuseido Press, 1966. This is a rare and expensive book in 2023.



Great Short Poems. Compiled with commentary by Paul Negri. Dover Publications, 2000, 64 pages. VSCL, Paperback.

H

[Hotetsu's Zen Blog - Koan Index](#)

I

I Ching Yijing Hexagrams (HEX)

The Complete I Ching. The Definitive Translation by Taoist Master Alfred Huang. 10th Anniversary Edition. Inner Traditions, 1998, 2010, 541 pages. Index, charts, diagrams, ideograms, commentary, interpretation, history, examples. VSCL, Paperback.

My main reference source and text authority for indexing the I Ching Yijing Hexagrams is The Complete I Ching by Alfred Huang, 1998.

Subject Index to Hexagrams in the I Ching Yijing. 64 Hexagrams, Hexagrams created from 1000 BCE - 400 BCE. Indexed by Michael P. Garofalo. First Draft on May 30, 2023. PDF, 20 pages.

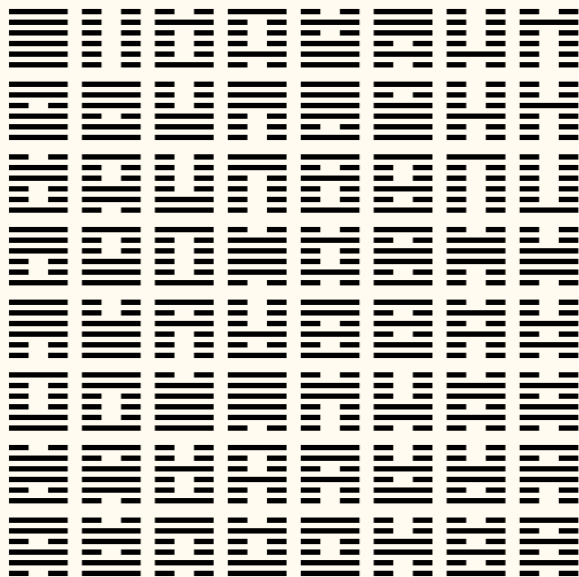
Numerical List of the 64 Hexagrams in the I Ching Yijing. Indexed by Michael P. Garofalo. First Draft on May 30, 2023. PDF, 2 pages.

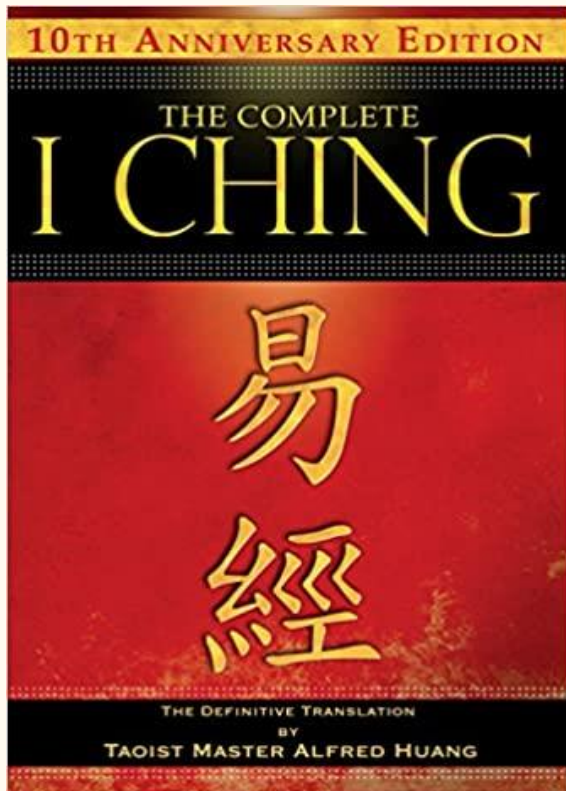
64 Hexagrams, Hexagrams created from 1000 BCE - 400 BCE.

[I Ching - Wikipedia](#) "The I Ching or Yi Jing is usually translated as The Book of Changes or The Classic of Changes, and is an ancient Chinese divination text that is among the oldest of the Chinese classics. Originally a divination manual in the Western Zhou period (1000–750 BC), the *I Ching* was transformed over the course of the Warring States and early imperial periods (500–200 BC) into a cosmological text with a series of philosophical commentaries known as the "Ten Wings". After becoming part of the Five Classics in the 2nd century BC, the *I Ching* was the subject of scholarly commentary and the basis for divination practice for centuries across the Far East, and eventually took on an influential role in Western understanding of East Asian philosophical thought."

Hexagrams of the I Ching

[Chinese Philosophy of Change \(Yijing\) - Stanford Encyclopedia of Philosophy](#)





Indexing Resources, Tools, Techniques, References

Handbook of Indexing Techniques: A Guide for Beginning Indexers. By Linda K. Fetters. Information Today, 2013, 176 pages. VSCL, Paperback.

Indexing - Reference Texts for Brief Spiritual Lessons Database Project

Indexing Books. By Nancy C. Mulvany. Chicago Guides to Writing, Editing, and Publishing. University of Chicago, 2005, 320 pages.

Introduction to Indexing and Abstracting. By Ana D. Cleveland and Donald B. Cleveland. 4th Edition. Libraries Unlimited, 2013, 408 pages.

Michael P. Garofalo received a Master of Science in Library and Information Science (M.S.L.S.) in 1968 from the University of Southern California in Los Angeles. He worked for the City of Commerce Public Library from 1962-1969, and for the County of Los Angeles Public Library System from 1973-1998. He retired in 1998 from the County of Los Angeles Public Library System as the Regional Administrator for 22 libraries in the East Region in the San Gabriel Valley, and moved to Red Bluff, in Northern California. He became a web publisher in 1998. Mike worked part-time during the academic year for the Corning Union Elementary School District as District Librarian from 1998-2016 in Northern California. He retired in 2016 and moved to Vancouver, Washington. In 2023, he is studying, researching, and indexing Taoist and Buddhist texts from Classical, Medieval, and Contemporary periods; as well as other web publishing projects: Cloud Hands Blog.

Introduction to Zen Koans: Learning the Language of Dragons. By James Ishmael Ford. Foreword by Joan Halifax. Wisdom Publications, 2018, 264 pages. VSCL, Paperback.

Iron Flute (IF)

The Iron Flute: 100 Zen Koans. Translated by Nyogen Senzaki and by Ruth Strout McCandles. Tuttle, 153 pages, 2011. VSCL, Paperback.

J

[Japanese Zen Buddhist Philosophy](#) - Stanford Encyclopedia of Philosophy

K

[Koan Collections](#) and Books on Koan from the ZenSite

[Koan Database Project: Indexes to Koan Collections](#)

[Koan Index](#) from [Hotetsu's Zen Blog](#)

[Koan Index](#) from Meredith Garmon

[Koan Studies: The Zen Site](#) Essays, Reading Lists, Notes, Commentary

[Koan Study](#)

[Koans Subject Index: 621 Koans Indexed](#). Second Draft, April 30, 2023, 151 pages, PDF.

[Koan Zen](#)

Koans: Information, Bibliography, Quotations, Notes, Index. By Mike Garofalo.

Koans: The New World Encyclopedia

L

Lieh-Tzu: Taoist Guide to Practical Living (TGPL)

Lieh-Tzu: A Taoist Guide to Practical Living (TGPL)

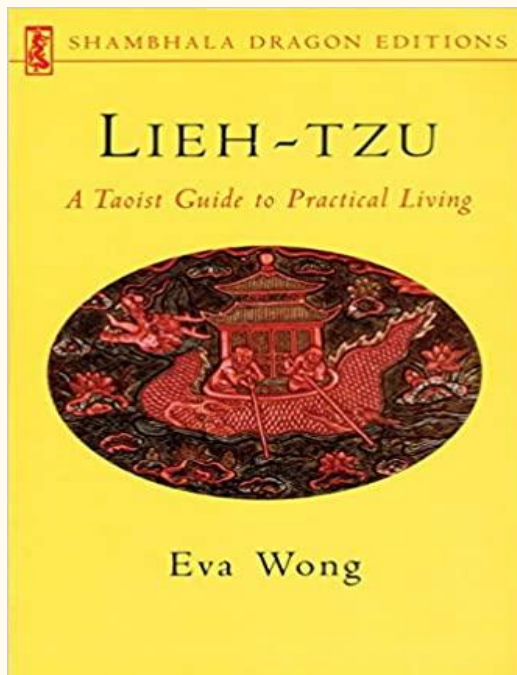
111 Brief Chapters with Chinese Taoist Stories, Tales, Advice, Parables
First written around 150 BCE. Compiled, edited, and with commentary in 320 CE.

Indexed by Michael P. Garofalo. First Draft on July 1, 2023.

Taoism: My Reading List and Other Research Tools

Source for Case Titles: Lieh-Tzu: A Taoist Guide to Practical Living

Translated by Eva Wong. Boston, Shambhala, 2001, 246 pages.



The Lunar Tao: Meditations in Harmony with the Seasons. By Deng Ming-Dao. New York, Harper Collins, 2013. 429 pages. This is an outstanding book. Excellent artwork, images, and drawings accompany his insightful and informative essays, 365 of them, on a variety of topics. VSCL, paperback book; and the Kindle EBook; the paperback copy is far superior in graphics and text.

M

N

Nothing Is Hidden: The Psychology of Zen Koans. By Barry Magid. Wisdom Publications, 2013. 232 pages. ISBN: 978-1614290827. "In this inspiring and incisive offering, Barry Magid uses the language of modern psychology and psychotherapy to illuminate one of Buddhism's most powerful and often mysterious technologies: the Zen koan. What's more, Magid also uses the koans to expand upon the insights of psychology (especially self psychology and relational psychotherapy) and open for the reader new perspectives on the functioning of the human mind and heart. *Nothing Is Hidden* explores many rich themes, including facing impermanence and the inevitability of change, working skillfully with desire and attachment, and discovering when "surrender and submission" can be liberating and when they shade into emotional bypassing. With a sophisticated view of the rituals and teachings of traditional Buddhism, Magid helps us see how we sometimes subvert meditation into just another "curative fantasy" or make compassion into a form of masochism."

O

Odes to a Classic Hundred Standards by Xuedou Zhongxian

Opening A Mountain (OM)

Opening a Mountain: Koans of the Zen Masters. By Steven Heine. Introduction and detailed commentaries. List of Teachers of Koans. Oxford University Press, 2001, 200 pages. VSCL, Paperback.

P

Passing Through the Gateless Barrier: Koan Practice for Real Life. By Guo Gu. Shambhala, 2016, 440 pages. VSCL, Paperback.

Q

Koans: Quotations, Comments, Insights, Definitions, Explanations. See Below!

R

The Record of Empty Hall: One Hundred Classic Koans. Translated with commentary by Dosho Port. Shambhala, 2021, 320 pages. VSCL, Paperback.

Recommend Reading List for the English Language Texts Indexed in the Brief Spiritual Lessons Database Project

Reference Texts for Brief Spiritual Lessons Database Project

Rinzai (Linji) Zen Buddhist School

Art: Calligraphy, Painting, Landscape Gardening, Pottery, Metalworking, Tea Ceremony, Dance, Bonsai, Theatre, Photography

Hakuin Ekaku (1686-1769) Zen Master Japan Author

Hidden Zen: Practices for Sudden Awakening and Embodied Realization. By Meido Moore. Shambhala, 2020, 320 pages. Notes, glossary. VSCL, Paperback.

Internal Martial Arts Training: Tai Chi Chuan, Hsing I, Bagua Zhang

Introduction to Zen Training: A Physical Approach to Meditation and Mind-Body Training. By Omori Sogen. Introduction by Trevor Leggett. Foreword by Sayama Daian and Michael Kagen. Tuttle, 2020, 288 pages. Index, glossary, lineage charts. Published in Japanese in 1964, and in English in 1996. Many interesting photographs. VSCL, Paperback.

Omori Sogen (1904-1994) Japanese Rinzai Master. "**Omori Sogen** (omori sōgen, 1904-1994) was a Japanese Rinzai shi, a successor in the Tenryū-ji line of Rinzai Zen, and former president of Hanazono University, the Rinzai university in Kyoto, Japan. He became a priest in 1945. Omori Sogen was a teacher of Kashima Shinden Jikishinkage-ryū swordsmanship, and a calligrapher in the Taishi school of Yamaoka Tesshū. He became well known for his unique

approach to Zen practice integrating insights from his martial and fine arts training with traditional Zen methods; this approach has been described as a unity of Zen, Ken ("sword", referring to martial arts or physical culture), and Sho ("brush", referring to calligraphy or fine arts). He was a Japanese right-wing ultra-nationalist before World War II.

Omori Sogen: ***Zen Ken Sho*** (Zazen Practice, Body-Mind Physical Disciplines, and Artistic Creativity)

Koans, Gongans, Wise Encounters, Dialogues, Zen Questions and Answers

Introspecting, Studying, Discussing, and Reflecting on Koans is important in the Rinzai Zen School Practices

Bring Me the Rhinoceros: And Other Zen Koans That Will Save Your Life. By John Tarrant. Boston, Shambhala, 2008. Notes, 192 pages. VSCL, Paperback.

Nothing Is Hidden: The Psychology of Zen Koans. By Barry Magid. Wisdom Publications, 2013, 232 pages.

Zen Flesh Zen Bones: A Collection of Zen and Pre-Zen Writings. By Paul Reps and Nyogen Senzaki. Tuttle Publishing, Flaps edition, 1957, 1985, and 1998. First published in 1957. 211 pages. ISBN: 9780804831864. In 1961, this was the first book about Zen that I had ever read, and it greatly impressed and influenced me. *The Gateless Gate (Mumonkan)* was transcribed by Nyogen Senzaki (1876–1958) and Paul Reps (1895–1990) in 1934, and appeared in in "Zen Flesh, Zen Bones, 1958" pp. 109-161. VSCL, hardbound and paperback.

The Zen Koan: Its History and Use in Rinzai Zen. By Isshu Miura and Ruth Fuller Sasaki. Harper Perennial, 1966, 176 pages. VSCL, Paperback.

Subject Index to 1,001 Zen Buddhist Koans

Qigong, Neigong, Yoga Training

The Record of Linji. Edited by Thomas Yuho Kirchner. Translation and commentary by Ruth Fuller Sasaki. Nazan Library of Asian Religion and Culture #20. Linji Yixuan (died 866 CE). University of Hawaii Press, 2009, 485 pages. VSCL, Paperback.

Rinzai School - Wikipedia

Rinzai Zen Buddhist School See Also Blue Cliff Record, Gateless Barrier, Sutherland Roshi, Yamada Roshi, Wick Roshi, Tarrant Roshi, etc.

The Rinzai Zen Way: A Guide to Practice. By Meido Moore. Shambhala, 2018, 244 pages. Index, bibliography, glossary, notes. VSCL, Paperback.

The Rinzai Zen Way: A Guide to Practice. By Meido Moore. Free Online, PDF.

Staff, Cane, Jo, Cane, Stick

Subject Index to 1,001 Zen Buddhist Koans

Swordsmanship, Martial Arts

Trevor Pryce Leggett (22 August 1914 – 2 August 2000) was a British judo teacher, author, translator, and head of the BBC's Japanese Service for 24 years. He was one of the first Europeans to study martial arts in Japan. Leggett served in the Ministry of Information during World War II. After the war, he taught judo at the Budokwai and worked in Japanese language services at the BBC. He held the title of Shihan, and the rank of 6th dan in judo from the Kodokan. Leggett helped introduce Japanese culture to the United Kingdom, and was honoured for this by being inducted into Japan's Order of the Sacred Treasure in 1984. He also produced many works on Eastern philosophy.

Way of Zen. By Alan Watts

Zen and Japanese Culutre. By D. T. Suzuki.

Samurai Zen: The Warrior Koans

Samurai Zen: The Warrior Koans. By Trevor Leggett - Translation, Commentary, Introduction. 100 Koans. Routledge, 2003, Second Edition 218 pages. Trevor Pryce Leggett (1914-2000). VSCL, Paperback.

Numerical List of 100 Cases in *Samurai Zen*. First Draft, June 30, 2023, PDF.

Alphabetical List of the 100 Cases in *Samurai Zen*. First Draft, June 30, 2023, PDF.

Subject Index for the 100 Cases in *Samurai Zen*. First Draft, June 30, 2023, PDF.

S

Secrets of the Blue Cliff Record: Zen Comments by Hakuin and Tenkei. . Translated by Thomas Cleary. Boston, Shambhala, 2002. Introduction, recommended reading, 354 pages. ISBN: 1570629129. "Hakuin Ekaku (白隠 慧鶴, January 19, 1686 - January 18, 1768) was one of the most influential figures in Japanese Zen Buddhism. He is regarded as the reviver of the Rinzai school from a moribund period of stagnation, refocusing it on its traditionally rigorous training methods integrating meditation and koan practice.'

Shifu Miao Zhang Points the Way By Mike Garofalo.

Sitting with Koans: Essential Writings on Zen Koan Introspection. Edited by John Daido Looi. Introduction by Tom Kirchner. Wisdom Publications, 2005, 368 pages. VSCL - Used paperback.

The Sound of One Hand: 281 Zen Koans with Answers. Translation and commentary by Yoel Hoffmann. Introduction by Dror Burstein. NRYB, 2016, 304 pages. VSCL, Paperback.

Stone and Sand Collection of Koans. From Zen Master Muju from 1275 CE.

Sutras for Daily Recitation/Chanting

Straight to the Heart of Zen: Eleven Classic Koans and Their Inner Meanings. By Philip Kapleau. Boston, Shambhala, 2001. 192 pages. ISBN: 9781570625930.

Subject Index to 1,001 Zen Buddhist Koans

Master Subject Index

Brief Spiritual Lessons, Brief Religious Teaching Stories
Brief Chapters, Tales, Fables, Sermons, Koans, Meditations, Lectures
Taoist, Chan Buddhist, Zen Buddhist, Philosophers
China, Japan, and American Pacific West Coast
Brief Spiritual Lessons Database Project
Koans Database Project

Indexing by Michael P. Garofalo
Green Way Research, Vancouver, Washington
Fourth Draft, May 3, 2023. PDF File, 239 Pages (MasterSubject4)

BCR Blue Cliff Record 100 Koans Buddhist
BOS Book of Serenity 100 Koans Buddhist
DDJ Dao De Jing 81 Chapters Lessons Taoist
DKO Dogen's Extensive Record Eihei Koroku Essays Buddhist
DMD 365 Tao 365 Chapters Meditations Taoist
DSE Dogen's Shobogenzo 95 Essays Buddhist
DSMS Dogen's Shinji Mana Shobogenzo 300 Koans Buddhist
DSSS Master Dogen's Shinji Shobogenzo 301 Koans Buddhist
DSZE Dogen's Zuimonki Shobogenzo Essays Buddhist
EDT Everyday Tao 300 Chapters Lessons Taoist
ENT Entangling Vines 282 Koans Buddhist
GB Gateless Barrier 48 Koans Buddhist
ICHI I Ching 64 Hexagrams Taoist
INFO Information, Notes, History, Leaders, USA
MRK Mystical Realist by Hee-Jin Kim Buddhist
OHPS 100 Parable Sutra Buddhist
REH Record of Empty Hall 100 Koan Cases Buddhist
RINZ Rinzai Zen Buddhist
SHOB Dogen's Shobogenzo 95 Essays Buddhist
TFR Fireplace Records 25 Chapters Philosopher
TFTO Tales from the Tao 31 Chapters Taoist
TGPL Lieh-Tzu 111 Chapters Lessons Taoist
TLT Lunar Tao 150 Chapters Taoist
TOL Keizan Biographies 53 Biographies Buddhist
VES Vitality Energy Spirit 100 Lessons Taoist
VTAR Voyager Tarot 78 Cards Philosopher
WEN Wen-Tzu 180 Chapters Lessons Taoist
ZHUA Zhuangzi Chuang Tzu 33 Chapters Taoist
ZMBM Zen Mind, Beginner's Mind Buddhist

Master Subject Index for the Brief Spiritual Lessons and Koans Database Project. PDF File, 5/3/2023, 239 Pages.

Fourth Draft, May 3, 2023

[Keys to Collections of BSL/Koans Databases](#)

Indexing by Michael P. Garofalo
Green Way Research, Vancouver, Washington, 2023

PDF files are searchable. Use the keyboard strokes: Ctrl + F This will open

the Search or Find box.

Cases = Buddhist brief spiritual lessons, Koans, dialogues, puzzles, wisdom tales, Chan/Taoist teaching, Lore, Fables, Records

Chapters = Taoist brief spiritual lessons, classic Daoist spiritual literature, tales, fables, lectures, expositions.

Internet Links in PDF Files are clickable/searchable.



[Sutherland, Joan Roshi Cloud Dragon: The Joan Sutherland Dharma Works](#)

[Joan Sutherland Roshi Koan Collections](#)

[Gates: Miscellaneous KoansÂ Joan Sutherland Roshi](#)

[Gateless GatewayÂ Joan Sutherland Roshi](#)

[The Blue Cliff RecordÂ Joan Sutherland and John Tarrant](#)

T

[Tales From the Tao. The Wisdom of the Taoist Masters. By Solala Towler. Watkins, 2005, 2017, 191 pages. VSCL, Paperback.](#)

Taoism Daoism SEE ABOVE Daoism

Tarrant, John [Pacific Zen Institute](#)

Texts Chosen for Indexing

Brief Spiritual Lessons Database Project 2023-2024 English Language Texts

Taoism, Chan Buddhism, Zen Buddhism, Philosophers China, Japan, and the Pacific West Coast of the USA

Text Authority

Blue Cliff Record **BCR** 100 Cases Buddhist
The Blue Cliff Record, Translated with commentary and notes by Thomas Cleary and J. C. Cleary, 1977, 648 pages.

Book of Serenity **BOS** Book of Tranquility 100 Cases Buddhist
The Book of Serenity: One Hundred Zen Dialogues. Translated with commentary by Thomas Cleary, 2005, 512 pages.

Chuang Tzu, Zuangzi, **ZHUA** 33 Chapters Taoist
Wandering on the Way: Early Taoist Tales and Parables of Chuang Tzu. Translation by Victor H. Mair. Bantam, 1994, 402 pages.

Dao De Jing, Tao Te Ching **TTJ** 81 One-Page Chapters/Lessons Taoist
Tao Te Ching Website Compiled and Indexed by Michael P. Garofalo, Green Way Research, 2014.

Dogen's Shinji Mana Shobogenzo Koan Collection **DSMS** 301 Cases Buddhist
The True Dharma Eye: Zen Master Dōgen's Three Hundred Koans. Translated by Kazuaki Tanahashi and John Daido Looi. Shambhala, 2005, 472 pages.

Dogen's Shobogenzo, **DSE** 95 Essays Buddhist
Shobogenzo by Master Dogen. Translated by Gudo Nishijima and Chodo Cross. Windbell, 1994, 340 pages.

Dogen's Shobogenzo Zuimonki, **DSZE** 6 Books - Essays Buddhist
Master Dogen's Shobogenzo Zuimonki Essays. Translated with commentary and introduction by Shohaku Okumura. A New Annotated Translation. Also including Dogen's Waka Poetry with Commentary. Author is Eihei Dogen. Compiled by Koun Ejo. Index, notes. Wisdom, 2022, 512 pages. Bilingual Edition.

Entangling Vines, **ENT** 272 Koan Cases Buddhist
Entangling Vines: A Classic Collection of Zen Koans. Translated and

annotated by Thomas Yūhō Kirchner. Foreword by Nelson Foster.
Introduction by Ueda Shizuteru. Boston, Wisdom Publications, 2013, 340 pages.

Fireplace Records **TFR** 25 Cases Philosopher
The Fireplace Records by Michael P. Garofalo, 2023, 25 Posts

Gateless Gate **GB** Gateless Barrier 48 Cases Buddhist
The Gateless Gate, Translated with commentary and notes by Koun Yamada Rōshi, 2004, 301 pages.

I Ching Yijing **HEX** 64 Hexagrams Taoist
The Complete I Ching. By Taoist Master Alfred Huang. Inner Traditions, 1998, 2010, 542 pages.

Lieh-Tsu: Guide to Practical Living **LTPL** 111 Brief Chapters Taoist
Lieh-Tzu: A Taoist Guide to Practical Living Translated by Eva Wong. Boston, Shambhala, 1995, 246 pages.

Lunar Tao, **TLT** 150 Chinese Seasonal Activities Events Customs Taoist
The Lunar Tao: Meditations in Harmony with the Seasons. By Deng Ming-Dao, Harper One, 2013, 429 pages.

Mystical Realist, **MRK**, by Hee-Jin Kim 43 Explanations Buddhist
Eihei Dogen: Mystical Realist. By Hee-Jin Kim. Wisdom, 1975, 2004, index, bibliography, notes, 334 pages.

Record of Empty Hall, **REH**, 100 Koans Buddhist
The Record of Empty Hall: One Hundred Classic Koans. Translated with commentary by Dosho Port. Shambhala, 2021, 320 pages.

Tales from the Tao, **TFTO** 31 Chapters Taoism
Tales from the Tao. By Solala Towler. Watkins, 2005, 2017, 191 pages.

365 Tao **DMD** 365 One-Page Meditations/Lessons Taoist
365 Tao: Daily Meditations. By Deng Ming-Dao. Harper One, 1992, 400 pages. 365 One-Page Meditations/Cases

Transmission of Light **TOL** 53 Biographies Buddhist
Transmission of Light: Zen in the Art of Enlightenment. Author: Keizan. Translated by Thomas Cleary, Shambhala, 1990, 207 pages.

Wen-Tzu, **WEN**, 180 Chapters/Lessons Taoist
Wen-Tzu: Understanding the Mysteries. Author Lao Tzu. Translated by
Thomas Cleary. Shambhala, 1992, 208 pages.

Zen Mind, Beginner's Mind. **ZMBM** 45 Essays Buddhist
Zen Mind, Beginner's Mind. By Shunryu Suzuki. Shambhala, 1970, 2020
50th Anniversary Edition, 176 pages.

Indexing by Michael P. Garofalo
Green Way Research, Vancouver, Washington
Indexing: Books, Resources, References, Research, Tools



How to Practice Zen Koans By John Tarrant: "Don't try to hard. You show
up. Trust what you don't know. Experiment. The koan can be your friend.
Any part of the koan is all the koan. You don't need a special state of mind.
Have confidence in yourself."

Bring Me the Rhinoceros: And Other Zen Koans That Will Save Your Life. By
John Tarrant. Boston, Shambhala, 2008. Notes, 194 pages.

John Tarrant Books

365 Tao Meditations (DMD)

365 Tao: Daily Meditations. By Deng Ming-Dao. Harper One, 1992, 400
pages. 365 Cases/Verses/Lessons/Pages.

Deng Ming-Dao has written many excellent books on Taoism. I have enjoyed
reading this book for decades.

VSCL, Paperback and Kindle EBook. This book has no index. There is a Title
list in the back of the book, ordered by day of the year, and by

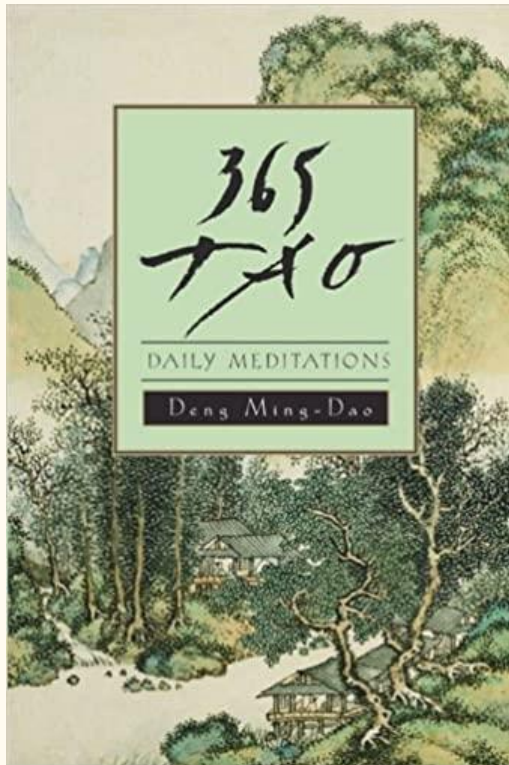
days in both the Northern and Southern Hemisphere. Deng Ming-Dao lives in San Francisco.

Indexing by Michael P. Garofalo. September, 15, 2023
Green Way Research, Vancouver, Washington

Chapter Titles in Order by Chapter Number for the *365 Tao Meditations* (DMD). PDF, September 15, 2023, 16 pages.

Chapter Titles in Alphabetical Order for the *365 Tao Meditations* (DMD). PDF, September, 15, 2023, 16 pages.

Subject Index to all of the *365 Tao Meditations*. PDF, September 15, 2023, 85 pages.



Through Forests of Every Color: Awakening with Koans. By Joan Sutherland. Shambhala, 2022, 208 pages. VSCL, Paperbound.

Timeline of Zen Buddhist Development in America

Taoism: Tao Te Ching, Bibliography, Resources, Indexes, Commentary. By Mike Garofalo.

Toward a Psychology of Awakening: Buddhism, Psychotherapy, and the Path of Personal and Spiritual Transformation. By John Welwood, Pd.D. Boston, Shambhala, 2002. Index, bibliography, glossary, notes, 352 pages. ISBN: 1570628238.

Transmission of Light, Keizan Biographies (TOL)

Transmission of Light (TOL)

53 Biographies of Buddhist Patriarchs, Leaders, Legends, Thinkers, Famous Ones

Written by Zen Master Keizan (1268-1325). Title: Denkoroku.

Indexed by Michael P. Garofalo. First Draft on March 30, 2023.

Source for Biographies: Transmission of Light: Zen in the Art of Enlightenment. Translated by Thomas Cleary, 1990, 207 pages.

Alphabetical List of the Biographies in the Transmission of Light (TOL) Collection. PDF, 3 pages.

List of Biography Cases by Case Numbers in the Transmission of Light (TOL) Collection. PDF, 2 pages.

Subject Index to the Biographies in the Transmission of Light (TOL) Collection. PDF, 3 pages.

Books I Use in My Research and Study of Koan Collections

Zen Master Keizan Information I



The True Dharma Eye: Zen Master Dōgen's Three Hundred Koans.

. Translated by Kazuaki Tanahashi and John Daido Looi. Commentary and verse by John Daido Looi. Boston, Shambhala, 2009. Index of koans, glossary, biographical, lineage charts, notes, 540 pages. ISBN: 978-1590302427. "When the thirteenth century master Eihei Dogen, one of the most influential thinkers in Zen Buddhism and founder of the Japanese Soto school, returned to Japan after four years of study in China, the fruit of his pilgrimage was recorded in a collection of koans called the *Chinese Shobogenzo*, also known as *Shinji* or *Mana Shobogenzo*. This collection of three hundred main cases was first published in 1766 under the title *Shobogenzo Sambyakusoku* (Treasury of the True Dharma Eye: Three Hundred Cases)." VSCL, Paperback.

Two Arrows Meeting in Mid-Air: The Zen Koan. By John Daido Looi. Tuttle Publishing, 1994. 392 pages. ISBN: 978-0804830126.

Two Zen Classics: Mumonkan and Hekiganroku. Translated with commentaries by Katsuki Sekida. Edited and introduced by A. V. Grimstone. New York, Weatherhill, 1977. Index, 413 pages. ISBN: 0834801302. VSCL.

Unlocking the Zen Koan: A New Translation of the Zen Classic Wumenguan.
. Translated by Thomas Cleary. Berkeley, California, North Atlantic Books, 1993, 1997. 213 pages. ISBN: 978-1556432477.

V

Vitality Energy Spirit (VES)

VES Vitality Energy Spirit 100 Lessons Sources Tales Taoist

Vitality, Energy, Spirit: A Taoist Sourcebook. By Thomas Cleary. Shambhala, 2009, 312 pages. VSCL, Paperback.



VSCL Valley Spirit Center Library. The personal library of Michael P. Garofalo.

The World of Nasrudin. Translated with commentary by Idries Shah. Kindle Scribe, 2020, 493 pages. VSCL, Kindle E Book.

Books I Use in My Research and Study of Zen Koan Collections

W

Wen-Tzu (WEN)

Wen-Tzu: Understanding the Mysteries. Author Lao Tzu. Translated by Thomas Cleary. Shambhala, 1992, 208 pages. VSCL, Paperback.

Z

Zen Buddhism: A Bibliography. By Mike Garofalo.

Zen Buddhism Koan Study Pages

Zen Buddhism Index: The Compass of Zen by Zen Master Seung Sahn. Compiled and Edited by Hyon Gak Sunim. Preface by Maha Ghosananda. Forward by Stephen Mitchell. Index prepared by John Holland and Ty Koontz.

Subject Index to 1,001 Zen Buddhist Koans

Indexing by Michael P. Garofalo
Fifth Draft, May 8, 2023, PDF
Green Way Research, Vancouver, Washington

PDF, 5/8/2023, 152 Pages

Blue Cliff Record 100 Koans (BCR)
Book of Serenity/Equanimity 100 Koans (BOS)
Dogen's Shinji Mana Shobogenzo 300 Koans (DSMS)
Dogen's Shinji 301 Koans (DSSS)
Entangling Vines 272 Koans (ENT)
Fireplace Records 25 Koans (TFR)
Flock of Fools: Parable Sutra 98 Koans (OHPS)
Gateless Gate 48 Koans (GB)

Iron Flute 100 Koans (IF)
Opening A Mountain 60 Koans (OM)
Record of Empty Hall 100 Koans (REH)
Record of Linji 40 Koans (LIN)
Samurai Zen 100 Koans (SAM)
Transmission of Light: Keizan 53 Biographies (TOL)
Zen Echoes 43 Koans (ZE)

Brief Zen Buddhist Spiritual Stories, Koans, Dialogues
<https://www.egreenway.com/buddhism/koans.htm>

Koans Database Project Expected Completion 12/20/2023

Subject Index to 1,001 Zen Buddhist Koans

Zen Flesh Zen Bones: A Collection of Zen and Pre-Zen Writings. By Paul Reps and Nyogen Senzaki. Tuttle Publishing, Flaps edition, 1957, 1985, and 1998. First published in 1957. 211 pages. ISBN: 9780804831864. In 1961, this was the first book about Zen that I had ever read, and it greatly impressed and influenced me. *The Gateless Gate (Mumonkan)* was transcribed by Nyogen Senzaki (1876–1958) and Paul Reps (1895–1990) in 1934, and appeared in in "Zen Flesh, Zen Bones, 1958" pp. 109-161. VSCL, hardbound and paperback.

The Zen Koan: Its History and Use in Rinzai Zen. By Isshu Miura and Ruth Fuller Sasaki. Harper Perennial, 1966, 176 pages. VSCL, Paperback.

Zen Koans A satirical attack on Zen and Koans by Reinhard Koch.

Zen Koans

Zen Koans Subject Index. Second Draft, April 30, 2023, 621 Koans Indexed, 151 pages, PDF.

Zen Koans: Shaseki-shu (Collection of Stone and Sand), written late in the thirteenth century by the Japanese Zen teacher Muju (the "non-dweller"),

and from anecdotes of Zen monks taken from various books published in Japan around the turn of the 20th century.

Zen Sand: The Book of Capping Phrases for Koan Practice. By Victor Sogen Hori. University of Hawaii Press, 2010. Bilingual edition. Nanzan Library of Asian Religion and Culture. ISBN: 9780824835071.

Zen's Chinese Heritage: The Masters and Their Teachings. By Andy Ferguson. Foreword by Reb Anderson. Boston, Wisdom Publications, 2000. Glossaries, name lists, Zen lineage chart, bibliography, index, 518 pages. ISBN: 0861711637. VSCL, Paperback.

Zen Echoes (ZE)

Zen Echoes: Classic Koans with Verse Commentaries by Three Female Chan Masters. Translated, edited, and introduction by Beata Grant. Foreword by Susan Moon. Wisdom, 2017, 176 pages. VSCL, Paperback. Professor Grant teaches at Washington University in Missouri. The *Zen Echoes* collection was compiled by the Female/Nun Zen Master Miaozong (1095-1170 CE).

Koan Cases in Numerical Order for Zen Echoes (ZE) 5/11/2023, 2 pages, PDF

Subject Index to Koan Cases in Zen Echoes (ZE) 5/11/2023, 12 pages, PDF

Zen Mind, Beginner's Mind (ZMBM)

Zen Mind, Beginner's Mind. By Shunryu Suzuki. Shambhala, 1970, 2020 50th Anniversary Edition, 176 pages. VSCL, Paperback.

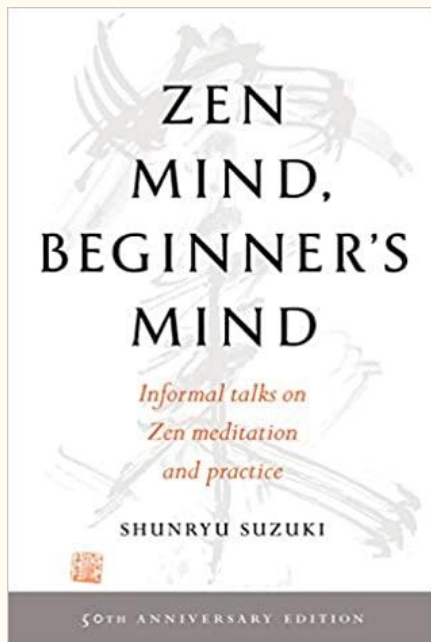
36 Essays/Chapters. I also use the 2006 Edition from Shambhala. 179 pages. VSCL, Hardback. Excellent handbook!
Shunryu Suzuki (1904-1971). First Master of the Zen Center, San Francisco and Carmel Valley. Edited by Trudy Dixon.
Peface by Huston Smith. Introduction by Richard Baker. In ZMBM I cite the page number where the Chapter/Essay begins.

Zen Mind, Beginner's Mind (ZMBM)

Chapters/Essays Numerical Order List (1-36) for *Zen Mind, Beginners Mind*. PDF, December 22, 2023, 2 pages.

Alphabetical List of Titles for each Chapter/Essay in *Zen Mind, Beginners Mind*. PDF, December 22, 2023, 2 pages.

Subject Index to *Zen Mind, Beginners Mind*. PDF, December 22, 2023, 35 pages.



Zen Staff, Zen Stick in Koans, Stick Used by Zen Masters as a symbol of their qualifications and authorization to teach Zen students.

Zhuangzi (ZHUA) Chuang Tzu

Zhuangzi (ZHUA) = Zuang Zhou = Chuang Tzu

Wandering on the Way. Early Taoist Tales and Parables of Chuang Tzu. Translated by Victor H. Mair. Bantam, 1994, 402 pages. VSCL, Paperback.

The Book of Chuang Tzu. Translated by Martin Palmer. Penguin, 1996, 320 pages, index. VSCL, Paperback.

Chuang Tzu 33 Stories. Composed around 350 BCE. Taoist Classic. Many English language translations and commentary are available.

Text Authority for Indexing: Wandering on the Way. Early Taoist Tales and Parables of Chuang Tzu. Translated by Victor H. Mair, 1994.

Taoist Books Reading List

Zhuang Zhou = Zhuangzi = Chuang Tzu at Wikipedia

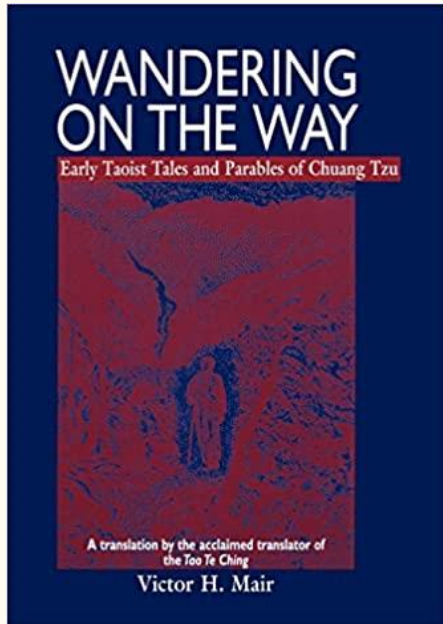
Zhuangzi - Stanford Encyclopedia of Philosophy

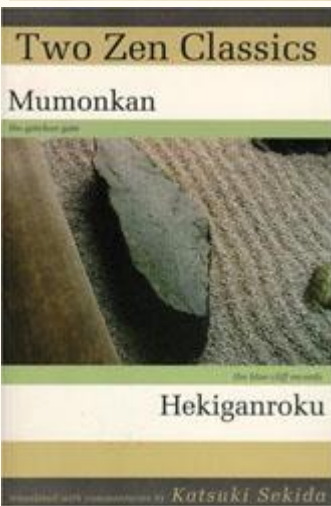
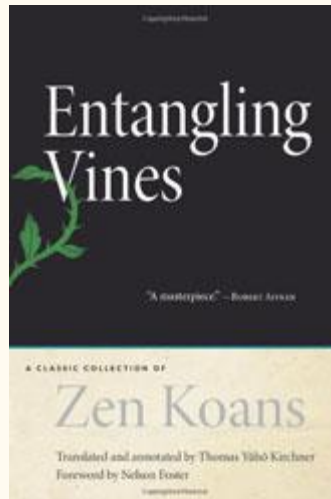
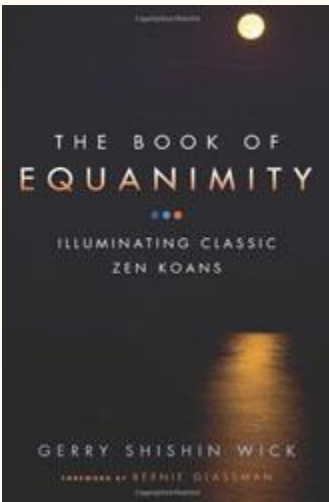
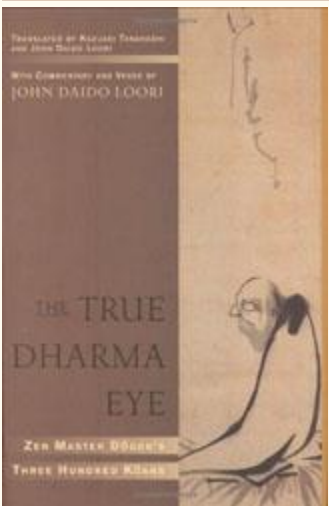
Zhuangzi - Internet Encyclopedia of Philosophy

Alphabetical List of the Chapters in Chuang Tzu = Zhuangzi (ZHUA). April 10, 2023, PDF, 2 pages.

List of Chapters by Chapter Number Order in Chuang Tzu = Zhuangzi (ZHUA). April 10, 2023, PDF, 2 pages.

Subject Index to the Chapters in the Chuang Tzu = Zhuangzi (ZHUA). PDF,
20 pages. Second Draft, April 10, 2023.







Koans: Quotations, Insights, Poems

"The goal of the Zen koan is enlightenment, which is a profound change of heart. This change of heart makes the world seem like a different place; with it comes a freedom of mind and an awareness of the joy and kindness underlying daily life."

- John Tarrant, Bring Me the Rhinoceros: And Other Zen Koans That Will Save Your Life, 2008, p. 1

"The Blue Cliff Record (Chinese: 《碧巖錄》 Bǐ-yǎn Lǔ; Japanese: *Hekiganroku* (碧巖錄?); Korean: *Byeokamrok*, 벽암록(碧巖錄); Vietnamese: *Bách nham lục* (碧巖錄)) is a collection of Chân Buddhist koans originally compiled in China during the Song dynasty in 1125 (宋宣和七年) and then expanded into its present form by the Chân master Yuanwu Keqin (圓悟克勤 1063 – 1135)(Japanese Engo). The book includes Yuanwu's annotations and commentary on Xuedou Zhongxian (Japanese Setcho)'s (雪竇重顯 980 – 1052) collection *100 Verses on Old Cases* 《頌古百則》 – a compilation of 100 koans.^[2] Xuedou selected 82 of these from the *Jingde Chuandeng Lu* 《景德傳燈錄》 (Jingde era Record of the Transmission of the Lamp), with the remainder selected from the *Yunmen Guanglu* 《雲門廣錄》 (Extensive

Record of Yunmen Wenyan (864 – 949)."

- [Wikipedia](#)

"There are seven things to notice about koans:

1. Koans show you that you can depend on creative moves.
2. Koans encourage doubt and curiosity.
3. Koans rely on uncertainty as a path to happiness.
4. Koans will undermine your reasons and your explanations.
5. Koans lead you to see life as funny rather than tragic.
6. Koans will change your idea of who you are, and this will require courage.
7. Koans uncover a hidden kindness in life."

- John Tarrant, Bring Me the Rhinoceros: And Other Zen Koans That Will Save Your Life, 2008, pp. 2-3.

"*The Gateless Gate* (Mandarin: 無門關 *Wúmén Guān*; Japanese: 無門関 *Mumonkan*), more accurately translated as *The Gateless Barrier*, is a collection of 48 Chan (Zen) koans compiled in the early 13th century by the Chinese Zen master Wumen Huikai (無門慧開; Japanese: *Mumon Ekai*; 1183–1260). Wumen's preface indicates that the volume was published in 1228. Each koan is accompanied by a commentary and verse by Wumen. A classic edition includes a 49th case composed by Anwan (pen name for Cheng Ch'ing-Chih) in 1246. Wu-liang Tsung-shou also supplemented the volume with a verse of four stanzas composed in 1230 about the three checkpoints of Zen master Huanglong. These three checkpoints of Huanglong should not be confused with Doushuai's Three Checkpoints found in Case 47. Along with the *Blue Cliff Record* and the oral tradition of Hakuin Ekaku, *The Gateless Gate* is a central work much used in Rinzai School practice. Five of the koans in the work concern the sayings and doings of Zhaozhou; four concern Ummon. The common theme of the koans of the Wumen Guan and of Wumen's comments is the inquiry and introspection of dualistic conceptualization. Each koan epitomizes one or more of the polarities of consciousness that act like an obstacle or wall to the insight. The student is challenged to transcend the polarity that the koan represents and demonstrate or show that transcendence to the Zen teacher."

- [Wikipedia](#)

"The kōan practice is first and foremost a religious practice, undertaken primarily not in order to solve a riddle, not to perfect the spontaneous performance of some skill, not to learn a new form of linguistic expression, not to play cultural politics, and not to carry on scholarship. Such ingredients may certainly be involved, but they are always subservient to the traditional Buddhist goals of awakened wisdom and selfless compassion."

- Victor Sogen Hori, Capping Phrases

"The Zen tradition sometimes loads a word with positive, negative, concrete and transcendental meanings, thus making its semantics ambiguous or enigmatic. ...Over thirty books of Dogen translations and studies have been published in English, which makes Dogen by far the most extensively studied East Asian Buddhist in the Western World. ...Over seven hundred years after his time, Dogen's writings are still fresh and captivating for Buddhists and non-Buddhists. The paradoxes, absurd images, and often impenetrable language in his essays are not merely exotic or intriguing. They point to a part of human consciousness that goes unnoticed. Dogen's writing reveals a reality that is only experienced through a life-long investigation of nonduality. The Freedom - including freedom from thinking itself and language itself - that we see in Dogen's writing is stunning.

- Kazuaki Tanahashi, *Enlightenment Unfolds*, 2000, Introduction.

"The Japanese term *kōan* is the Sino-Japanese reading of the Chinese word *gong'an* (Chinese: 公案; pinyin: *gōng'ān*; Wade-Giles: *kung-an*; literally: "public case"). The term is a compound word, consisting of the characters 公 "public; official; governmental; common; collective; fair; equitable" and 案 "table; desk; (law) case; record; file; plan; proposal." According to the Yuan Dynasty Zen master Zhongfeng Mingben (中峰明本 1263-1323), *gōng'ān* originated as an abbreviation of *gōngfǔ zhī ān* (公府之案牘, Japanese *kōfu no antoku* "literally the *andu* "official correspondence; documents; files" of a *gongfu* "government post"), which referred to a "public record" or the "case records of a public law court" in Tang-dynasty China. *Kōan/gong'an* thus serves as a metaphor for principles of reality beyond the private opinion of one person, and a teacher may test the student's ability to recognize and understand that principle. Commentaries in *kōan* collections bear some similarity to judicial decisions that cite and sometimes modify precedents. An article by T. Griffith Foulk claims "Its literal meaning is the 'table' or 'bench' *an* of a 'magistrate' or 'judge' *kung*. *Gong'an* was itself originally a metaphor "an article of furniture that came to denote legal precedents. For example, *Di Gong'an* (狄公案) is the

original title of *Celebrated Cases of Judge Dee*, the famous Chinese detective novel based on a historical Tang dynasty judge. Similarly, Zen kōan collections are public records of the notable sayings and actions of Zen disciples and masters attempting to pass on their teachings. 公 (public) 案 (record). A *public record* serves as a metaphor for principles of reality beyond the private opinion of one person, and a teacher may test the student's ability to recognize and understand that principle."

- [Wikipedia](#)

"Koan: Originally a term for an official matter for which a judgment was required, it was taken over by Buddhists and used first in reference to a subject of meditation and later for a subject for which an answer was required that would demonstrate a student's understanding."

- Red Pine, *The Diamond Sutra*, p. 451

"A koan is a little nugget of something an awakened master did during his lifetime."

- Henry Shukman

The Blue Cliff Record. Translated by Thomas Cleary and J. C. Cleary. Foreword by Taizan Maezumi Roshi. Boston, Shambhala, 2005, 648 pages.

"Master Dogen expresses his ideas in the Shobogenzo based on a pattern of four phases. First, he explains a problem from the idealistic point of view; that is, as an idea using abstract concepts. Then, immediately after this first phase, he explains the same problem, but this time from the objective, or material point of view. In other words, he gives concrete examples and facts. Then, in the next phase, he explains the problem yet a third time as a real problem; that is, on the basis of action. Of course, he cannot fully explain the reality surrounding the problem with words in a book, but he does so by bringing together the subjective viewpoint which he presents first, and the second objective viewpoint. He synthesizes the two viewpoints into a realistic appraisal of the problem based upon the philosophy of action, which states that in action, there is a synthesis of the self and the external world. And in the final phase, he tries to suggest the subtle ineffable nature of reality itself by using symbolic, poetic, or figurative forms of speech. The Shobogenzo is full of these four-phased explanations. The chapters themselves fall into four groups: theoretical, objective, realistic, and

figurative or poetic."

- *Master Dogen's Shinji Shobogenzo: 301 Koan Stories*

Master Dogen's Shinji Shobogenzo: 301 Koan Stories. Translated with commentary by Gudo Nishijima, 2020, 397 pages.

"To promote full absorption in the koan and penetration of each point, many masters advocate the use of a *huatou* (, J., *watÅ□*), a word or brief phrase that stands in for the full koan and that, with enough determination and practice, you can learn to carry in the midst of daily life and even in sleep, as well as during periods of formal, seated practice (zazen)."

- *Entangling Vines*

"One essential point about koan study is to reflect on the dialogue and determine exactly what is being said. If you are assigned a koan to study, the first thing you should do is memorize it and think about it. Just don't imagine deep realization will immediately come to you in a flash of light. Think about the koan. What are the people in it saying? What is motivating them. What is motivating you? Which line of the koan is most important?"

- Gerry Shishin Wick, *The Book of Equanimity*, 2005, p. 5

"Mind illuminates old teachings. Old teachings illuminate mind."

- Hakuin Ekaku

Books I Use in My Research and Study of Koan Collections

"Koans show you that you can depend on creative moves.

Koans encourage doubt and curiosity.

Koans rely on uncertainty as a path to happiness.

Koans will undermine your reasons and your explanations.

Koans lead you to see life as funny rather than tragic.

Koans will change your ideas of who you are, and this will require courage.

Koans uncover a hidden kindness in life."

- John Tarrant, *Bring Me the Rhinoceros*, p. 2

"Reflective meditation is a way of translating thoughts into the language of feeling. It explores the relation between the way we think about and perceive things and the way we feel about them. We find that even the strongest, seemingly self-evident intuitions about ourselves are based on equally deep-seated assumptions. Gradually learning to see our life in another way through reflective meditation leads to feeling different about it as well."

- Stephen Batchelor, *Buddhism Without Beliefs*, 1997, p. 32

"Don't try too hard. You show up. Trust what you don't know. Experiment. The koan can be your friend. Any part of the koan is all the koan. You don't need a special state of mind. Have confidence in yourself."

- How to Practice Zen Koans By John Tarrant

"The Lin-chi master Fen-yang Shan-chao (947-1024) was the first to employ all these various trends. His "record," the *Fen-yang Wu-te ch'an-shih yu-lu*, includes three collections of 100 koans each. The first collection consists of old koans, for each of which Fen-yang wrote a verse epitomizing the import of the koan in poetical language. The second consists of koans he himself had made and for which he provided his own answers. The third is made up of old koans, together with Fen-yang's alternative answers to them. These three collections became the models for later literary productions of a similar kind."

- Ruth Fuller Sasaki, *The Zen Koan*, 1965, p. 12

"Zen cherishes simplicity and straightforwardness in grasping reality and acting on it "here and now," for it believes that a thing-event that is immediately presencing before one's eyes or under one's foot is no other than an expression of suchness. In other words the thing-event is disclosing its primordial mode of being such that it is as it is. It also understands a specificity of the thing-event to be a recapitulation of the whole; parts and the whole are to be lived in an inseparable relationship through an exercise of nondiscriminatory wisdom, without prioritizing the visible over the invisible, the explicit over the implicit, or vice versa."

- Japanese Zen Buddhist Philosophy - Stanford Encyclopedia of Philosophy

"Koans are the folk stories of Zen Buddhism, metaphorical narratives that particularize essential nature. Each koan is a window that show the whole truth but just from a single vantage. It is limited in perspective. One hundred koans give one hundred vantages. When they are enriched with insightful comments and poems, then you have ten thousand vantages. There is no end to this process of enrichment."

- Robert Aitken, 1990, *Book of Serenity*.

"In the Sŏn school of Zen, Shikantaza, meditation with no objects, anchors, or content, is the primary form of practice. The meditator strives to be aware of the stream of thoughts, allowing them to arise and pass away without interference. Considerable textual, philosophical, and phenomenological justification of this practice can be found throughout Eihei Dogen's works."

"These stories and sayings contain patterns, like blueprints, for various inner exercises in attention, mental posture, and higher perception, summarized in extremely brief vignettes enabling the individual to hold entire universes of thought in mind all at once, without running through doctrinal discourses or disrupting ordinary consciousness of everyday affairs."

- Thomas Cleary, 1994, *Instant Zen*

Hua Tou (話頭, Korean: *hwadu*, Japanese: *wato*) is a form of Buddhist meditation common in the teachings of Chinese Chan and Korean Seon. Hua Tou can be translated as 'word head', 'head of speech' or 'point beyond which speech exhausts itself'. A Hua Tou can be a short phrase that is used as a subject of meditation to focus the mind. Hua Tou are based on the encounter-dialogues and koans of the interactions between past masters and students, but are shorter phrases than koans. The Hua Tou method was invented by the Chinese Zen master Dahui Zonggao (1089 – 1163) who was a member of the Linji school. Dahui was interested in teaching the lay community. To practice Hua Tou, one concentrates on the phrase, initially repeating it silently with a questioning and open mind and then thinking about "Who" or "What" is generating the Hua Tou, this brings about "Great Doubt". According to Chan master Sheng Yen, there are three stages of Hua Tou practice: reciting the Hua Tou, asking the Hua Tou and investigating the Hua Tou. Through these stages it is important not to try to answer the Hua

Tou intellectually, but to persistently ask the question mindfully with genuine interest and sincere desire to know. It is through this constant practice that great doubt and then insight arises. Examples of *Hua Tou* are: "What is it?, What is this? Who is repeating the Buddha's name?, Who am I?, Who is dragging this corpse around?, Mu?". The important thing is to stick to *Hua Tou* at all times, when walking, lying, or standing. From morning to night observing *Hua Tou* vividly and clearly, until it appears in your mind like the autumn moon reflected limpidly in quiet water. If you practice this way, you can be assured of reaching the state of Enlightenment."

- [Hua Tou in Wikipedia](#)

"There are basically two methods utilized in meditation practice in Zen Buddhism to assist the practitioner to reach the above-mentioned goals, together with a simple breathing exercise known as "observation of breath count" (*sÅ«sokukan*); one is the *kÅ«an* method and the other is called "just sitting" (*shikan taza*), a form of "single act *samÄ«dhi*." For example, the former is employed mainly by the Rinzai school of Zen Buddhism, while the latter by the SÅ• tÅ• school; they are the two main schools of this form of the Buddha-Way still flourishing today in Japan. In the Rinzai school, the *kÅ«an* method is devised to assist the practitioner to become a "Zen person" (Kasulis, 1981) who fully embodies both wisdom and compassion. *kÅ«an* is formulated like a riddle or puzzle and is designed in such a way that intellectual reasoning alone cannot solve it without breaking through the barrier of ego-consciousness by driving it to its limit. This is, Zen believes, because ego-consciousness is fortified by the shield of a dualistic conceptual paradigm with all its attendant presuppositions and conditions. The ego-consciousness of a given cultural and historical milieu accepts that paradigm to be true in order to live a life anchored in the everyday standpoint.

According to Hakuin (1685â€"1768), who systematized *kÅ«ans*, there are formally seventeen hundred cases of *kÅ«ans*, and if sub-questions are added to them, a total number of cases comprising the system would be roughly three thousand. The Zen practitioner of the Rinzai school is required to pass them all in a private consultation with a Zen master who checks the practitioner's state of mind before he or she is granted a seal of transmission. This transmission is said to occur "only from a Buddha to a[nother] Buddha" (*yuibutsu yobutsu*).

kÅ«ans are accordingly grouped into five categories in a most fully developed system: the first group is designed for reaching *li* (suchness) (*richi*) or the body of truth (*hosshin*), i.e., an enlightenment experience; the

second group for a linguistic articulation (*gensen*) of meditational experiences in order to master the skillful use of language; the third group for those *kōans* truly difficult to pass (*nantō*); the fourth group for the practitioner to make an insight of *kōan* experiences pertinent to daily life (*kikan*) in order to embody a middle-way in which the practitioner won't be steeped either in the state of meditation or the activity of daily life; and the fifth group for going beyond the state of buddhahood by erasing all traces of enlightenment in order to achieve a traceless enlightenment (*kōjō*).

The Rinzai school summarizes this process of self-cultivation in four mottoes: "being a special transmission outside of the scriptures," "having no dependence on words and letters," "pointing directly into [one's] human mind," and "seeing into [one's] nature to become a buddha." (See, for examples, *The Gateless Gate* and *The Blue Cliff Record*.) While the first two phrases point to the fact of discovering an extra-linguistic reality that naturally opens up in meditational experience and of articulating it linguistically in the "best" way according to the capacity of an individual practitioner, the last two phrases indicate a concretization of the original or inherent enlightenment (*hongaku*) in the Zen practitioner, where the original enlightenment means that human beings are innately endowed with a possibility of becoming a Buddha."

- [Japanese Zen Buddhist Philosophy](#) - Stanford Encyclopedia of Philosophy

"In the past, kong-an practicing meant checking someone's enlightenment. Now we use kong-ans to make our lives correct... You must use kong-ans to take away your opinions. When you take away your opinions, your mind is clear like space, which means from moment to moment you can reflect any situation and respond correctly and meticulously."

- Seung Sahn, 1992, *The Whole World is a Single Flower*

"Though Zen teachers and practitioners insist that the meaning of a koan can only be demonstrated in a live experience, and that it cannot be conveyed by texts, the Zen tradition has produced a great deal of literature, including thousands of koans and dozens of volumes of commentary. Nevertheless, teachers have long alerted students to the danger of confusing the interpretation of a koan with the realization of a koan. When teachers say, "do not confuse the pointing finger with the moon," they indicate that the ability to interpret koans should not be

equated with enlightenment. Understanding the literary and historical context of a koan can often remove some of the mystery surrounding it. For example, evidence suggests that when a monk asked Zhaozhou "does a dog have Buddha-nature or not?," the monk was asking a question that students had asked teachers for generations. The controversy over whether all beings have the potential for enlightenment is even older "and in fact, vigorous controversy still surrounds the matter of Buddha nature. No amount of interpretation seems to be able to exhaust a koan; there can be no "definitive" interpretation. Teachers typically warn against over-intellectualizing koans, but some of the mystery can be dispelled by clarifying metaphors that were probably well known to monks at the time the koans originally circulated."

- [Koans: The New World Encyclopedia](#)

Non-Rational or Beyond-Rational Zen (Chan) Buddhist
Meditation/Contemplation Techniques, Checking Verses, Tales, Jolts, Sparks,
Songs
Brief Dialogues, Encounters, Revelations, Epiphanies, Insights, Introspections,
Mystical Unfolding, Kensho, Samadhi, Ecstasy, Enlightenment
Teaching, Learning, and Practices Using Zen (Rinzai and Soto Zen) Koans
and Stories.
Brief Taoist stories, tales, chapters, dialogues, sparks, verses, puzzles, and
questions and answers, Daoist Lore and Practices, Poetry
Brief lectures, sermons, statements, parables, stories, summaries,
aphorisms, explanations, homilies
Contemplation, Ruminating, Meditation, Introspection, Reflection, Thought,
Intuition, Mulling, Study, Immersion, Consideration
Purpose: Insight, Understanding, Realization, Change of Heart, Awakening,
Enlightenment, Clarity, Peace, Calm, Awareness, Compassion

"Literally, the word *koan* (Chinese., *kung-an*) is a combination of graphs that signifies "public notice" or "public announcement." A koan, therefore, presents a challenge and an invitation to take seriously what has been announced, to ponder it and respond to it. But the special character of this "announcement" confronts the listener or reader with a perplexing puzzle. One becomes confused, and the more one tries to come up with an answer and search for a solution, the more confused one gets. The essence of the koan is to be rationally unresolvable and thus point to what is 'arational.'" The koan urges us to abandon our rational thought structures

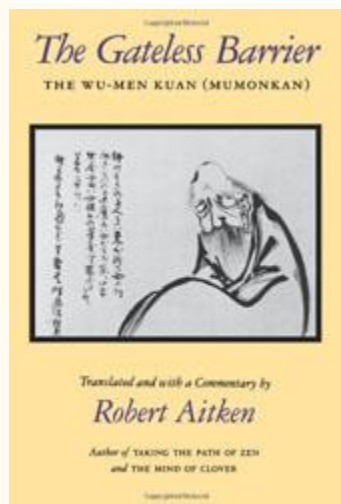
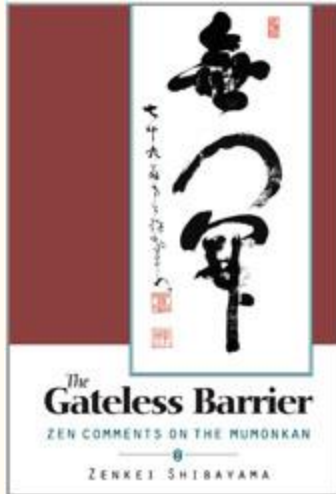
and step beyond our usual state of consciousness in order to press into new and unknown dimensions. This is the common purpose of all koans, no matter how much they may differ in content or literary form."

- Heinrich Dumoulin, "The Song Period: A Time of Maturation."

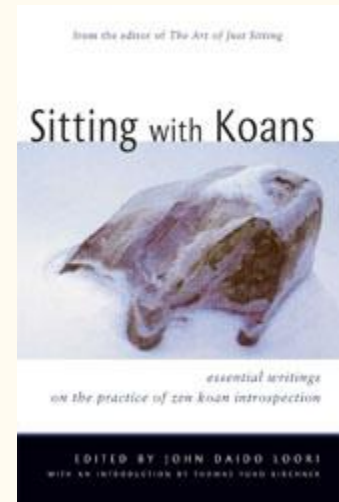
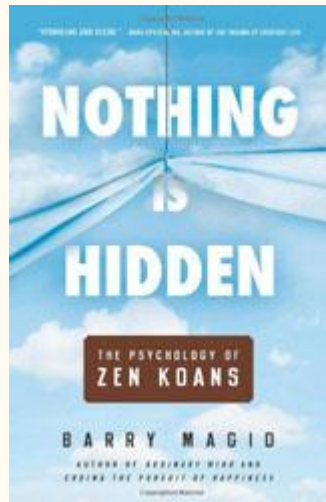
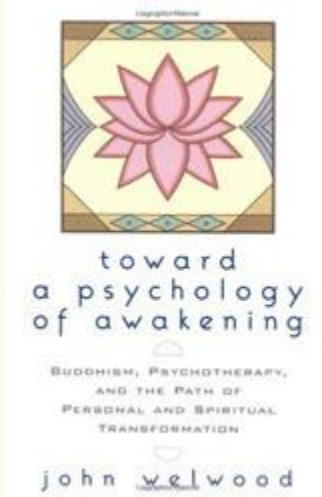
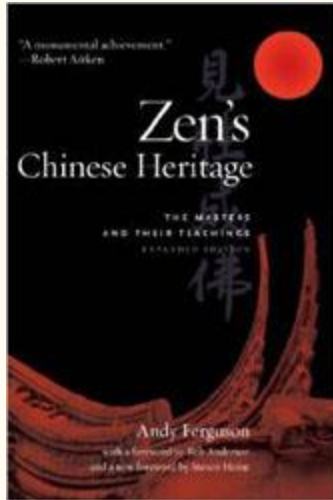
"One of the great virtues of koans is they get us to think, not in an analytical way, but with our complete mind."

- Philip Kapleau, *Straight to the Heart of Zen*, 2001

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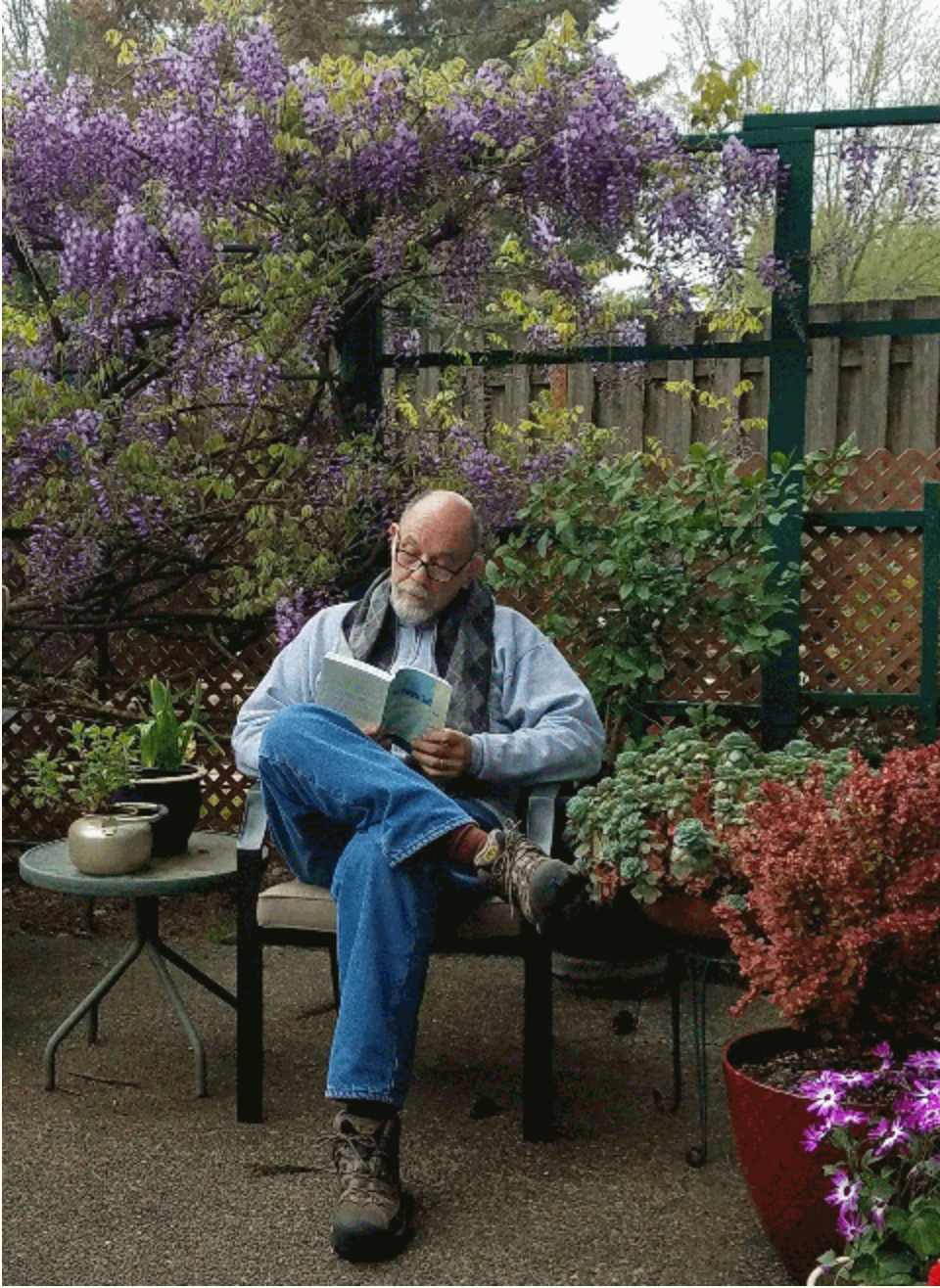


Biography of Michael P. Garofalo

Michael Peter Garofalo (1946–) grew up in East Los Angeles, was educated in Catholic Schools, graduated (B.A., M.S.) from local universities, married Karen, served in the US Air Force, worked in and

managed many City and Los Angeles County Public Libraries, raised two children (Alicia and Michael), socialized, traveled, and learned. In 1998, we moved to a rural 5 acre property in Red Bluff, in the North Sacramento Valley, CA. A webmaster since 1999. Worked part-time for the Corning School District (Technology and Media Services Manager); and as a yoga, taijiquan, and fitness club instructor until 2016. Travelled extensively in Northern California, Oregon, and Washington. We both retired, and we moved to Vancouver, Washington, in 2017. Currently in 2023: reading, Taoist/Buddhist/Zen research, playing Tai Chi Chuan, walking, writing, web publishing, monthly oceanside retreats, gardening, family events, poetry research, sports events, and photography.

Cloud Hands Blog by Michael P. Garofalo



Research by Michael P. Garofalo



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