

IZAUK List of Recommended Books

This is a short list of authors and books which have been recommended by some of our members, most of these authors have a much richer catalogue than we have listed here, use this as a guide and taster.

Amphoux, Nancy (Nan Shin)

– *“Diary of a Zen Nun”, 1986*

Anderson, Reb

- *“Being Upright: Zen Meditation and the Bodhisattva Precepts”, 2001*

Arai, Paula

- *“Women Living Zen: Japanese Soto Buddhist Nuns”, 1999*

- *“Bringing Zen Home: The Healing Heart of Japanese Women's Rituals”, 2011*

Beck, Charlotte Joko

- *“Everyday Zen: Love and Work”, 1996*

- *“Nothing Special: Living Zen”, 1995*

Caplow, Florence and Susan Moon

- *“The Hidden Lamp: Stories from Twenty-Five Centuries of Awakened Women”, 2013*

Carney, Eido Frances

- *“Receiving the Marrow: Teachings on Dogen by Soto Zen Women Priests”, 2012*

Coupey, Philippe Rei Ryu

- *“Zen, Simply Sitting: A Zen monk’s commentary on the Fukanzazengi (Universal Guide on the Correct Practice of Zazen) by master Dogen” – 2006*

- *“The Song of the Wind in the Dry Tree: Commentaries on Dogens Sansho Doei & Koun Ejos Komyozo Zanmai”, 2014*

Deshimaru, Taisen – Translator: Nancy Amphoux

- *“Questions to a Zen Master: Political and Spiritual Answers from the Great Japanese Master”, 1992*

Deshimaru, Taisen – Translator: Ilsa Fatt Priest – Revised and corrected by Philippe Coupey

- *“The Sutra of Great Wisdom: Commentary by Master Taisen Deshimaru on the Hannya Haramita Shingyo”, published by AZI, available from IZAUK Boutique*

Hartman, Zenkei Blanche

- *“Seeds for a Boundless Life: Zen Teachings from the Heart”, 2015*

Katagiri, Dainin

- *“Returning to Silence: Zen Practice in Everyday Life (Shambhala Dragon Editions): Zen Practice in Daily Life”, 1988*

- *“You Have to Say Something: Manifesting Zen Insight”, 1998*

Kim, Hee-Jin

- *“Eihei Dogen: Mystical Realist”, 2000*

Leighton, Taigen Dan

- *“Zen Questions: Zazen, Dogen, and the Spirit of Creative Inquiry”, 2011*

- *“Faces of Compassion: Classic Bodhisattva Archetypes and Their Modern Expression”, 2012*

- *“Just This Is It: Dongshan and the Practice of Suchness”, 2015*

Manders, Kevin, Elizabeth Marston et. al.

- *“Transcending: Trans Buddhist Voices” – 2021*

Manuel, Zenju Earthlyn

- *“Way of Tenderness: Awakening Through Race, Sexuality, and Gender”*, 2015
- *“The Deepest Peace: Contemplations from a Season of Stillness”*, 2020
- *“Tell Me Something About Buddhism: Questions and Answers for the Curious Beginner”*, 2011

McKenzie, Vickie

- *“Cave in the Snow”*, 1998

O’Halloran, Maura

- *“Pure Heart, Enlightened Mind: The Life and Letters of an Irish Zen Saint”*, 2007

O’Hara, Roshi Pat Enkyo

- *“Most Intimate: A ZEN Approach to Life’s Challenges”*, 2014

Okumura, Shohaku

- *“Living by Vow: A Practical Introduction to Eight Essential Zen Chants and Texts”*, 2012
- *“Realising Genjokoan: The Key to Dogen’s Shobogenzo”*, 2010
- *“The Mountains and Waters Sutra: A Practitioner’s Guide to Dogen’s Sansuikyo”*, 2018

Okumura, Shohaku and Taigen Daniel Leighton (Translators)

- *“Dogen’s Pure Standards for the Zen Community: A Translation of Eihei Shingi”*, 1996

Red Pine (Bill Porter)(Translator)

- *“The Diamond Sutra: The Perfection of Wisdom (New Edition)”*, 2002
- *“The Zen Teachings of Bodhidharma”*, 1987

Schireson, Grace

- *“Zen Women: Beyond Tea Ladies, Iron Maidens and Macho Masters”*, 2009

Sawaki, Kodo (Translated by: Muho Noelke and Reiho Jesse Haasch)

- *“To You: Zen Sayings of Kodo Sawaki”*, 2021

Tanahashi, Kazuaki

- *“The Heart Sutra: A Comprehensive Guide to the Classic of Mahayana Buddhism”*, 2016
- *“Sky Above, Great Wind: The Life and Poetry of Zen Master Ryokan”*, 2012
- *“The Essential Dogen: Writings of the Great Zen Master”*, 2013
- *“The Treasury of the True Dharma Eye: Zen master Dogen’s Sobo Genzo”*, 2013

Toomey, Christine

- *“In Search of Buddha’s Daughters: The Hidden Lives and Fearless Work of Buddhist Nuns”*, 2017

Uchiyama, Kosho and Shohaku Okumura

- *“The Zen Teachings of Homeless Kodo”*, 2014

Uchiyama, Kosho

- *“Opening the Hand of Thought: Foundations of Zen Buddhist Practice”*, 2004

Weingast, Matty and Bikkuni Anandabodhi

- *“The First Free Women: Poems of the Early Buddhist Nuns”*, 2020

Warner, Brad

- *“Hardcore Zen”*, 2003 Wisdom Publications
- *“The Other Side Of Nothing: The Zen Ethics of Time, Space, and Being”*, 2022
- *“Sit Down and Shut Up: Punk Rock Commentaries on Zen and Dogen’s Treasury of the right Dharma Eye”*, 2007

Wolfer, Jikyo Cheryl

- *“Seeds of Virtue, Seeds of Change: A Collection of Zen Teachings”*, 2014

Yokoi, Yuho and Daizen Victoria

- *“Zen Master Dogen: An Introduction with Selected Writings”*, 1976