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Essential Chan Buddhism is the rare unearthing of an ancient and remarkable Chinese spiritual tradition that is still largely unknown in the West. Chan Master Guo Jun shares his beautifully rendered wisdom and sparkling insights from the heart and soul of Chan, which is related to but distinct from its close relation, Japanese Zen.

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Chan is the originating tradition of Zen Buddhism (the Japanese pronunciation of the same character, which is the most commonly used name for the school in English). Chan Buddhism spread from China south to Vietnam as Thiền and north to Korea as Seon, and, in the 13th century, east to Japan as Japanese Zen.

Chan Buddhism - Wikipedia

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Essential Chan Buddhism : Guo Jun : 9780983358916

The Chan School (Chan zong, 禪宗) is an indigenous form of Chinese Buddhism that developed beginning in the sixth century CE and subsequently spread to the rest of East Asia (Japanese: Zen; Korean: Sŏn; Vietnamese; Thiền).Although the Sinograph “chan” (禪) transliterates the Sanskrit dhyāna or “meditation”, and Chan zong can thus be translated as the “Meditation School ...

Chan Buddhism (Stanford Encyclopedia of Philosophy)

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