



Zen Chants: Thirty-Five Essential Texts with Commentary

Kazuaki Tanahashi

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A Zen chant is like a compass that sets us in the direction of the awakened life; it is the dynamic, audible counterpart to the silent practice of *zazen*, or sitting meditation; and it is a powerful expression of the fact that practice happens in community. Here is a concise guide to Zen chants for practitioners, as well as for anyone who appreciates the beauty and profundity of the poetry in dharma. An introduction to the practice is followed by fresh and carefully considered translations and adaptations of thirty-five chants—some common and others less well known—along with illuminating commentary.

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