

# The Zen Teaching of Bodhidharma by Bodhidharma

This book is a collection of texts attributed to Bodhidharma, the Indian monk considered the first patriarch of Zen Buddhism in China. The teachings primarily consist of four texts that form the core of Zen Buddhist philosophy and practice, emphasising direct insight through meditation and the concept of non-duality.

- Outline of Practice: Discusses two paths to enlightenment—reason and practice, highlighting the importance of understanding and direct experience.
- Bloodstream Sermon: Stresses the significance of the "mind-only" approach, asserting that everything exists within the mind.
- Wake-up Sermon: Focuses on the nature of reality, urging followers to wake up to their true nature beyond physical forms and illusions.
- Breakthrough Sermon: Offers insights into the nature of perception and the importance of transcending conventional dualistic thinking.

## **Why a Change Maker Should Read This Book**

- Enhances Self-awareness: Offers profound insights into understanding one's mind and thoughts, which is crucial for anyone looking to influence change effectively.

- Promotes Resilience: The teachings encourage looking inward for truth and strength, fostering resilience amidst external challenges and uncertainties.
- Encourages Authentic Leadership: Emphasises authenticity and leading by example, aligning one's actions with inner wisdom and integrity.

## **Reviews**

Celebrated for its profound depth and clarity in explaining complex philosophical concepts in an accessible manner. It's particularly lauded for its emphasis on self-realisation and personal insight as the path to enlightenment.

Critics argue that the texts can be overly esoteric and abstract, potentially alienating those new to Zen Buddhism. The historical authenticity of the texts being directly attributed to Bodhidharma has also been questioned.