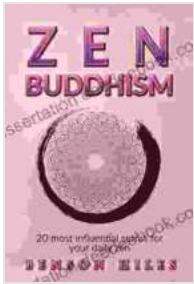


20 Most Influential Sutras For Your Daily Zen



Zen Buddhism: 20 most influential sutras for your daily zen (Zen Buddhism Series Book 2) by Benson Hiles

★★★★☆ 4 out of 5

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Sutras are sacred texts that contain the teachings of the Buddha. They are an essential part of Zen Buddhism, and many practitioners find them to be a source of great wisdom and guidance. In this article, we will explore 20 of the most influential sutras for your daily Zen practice.

1. The Heart Sutra

The Heart Sutra is one of the most popular and well-known sutras in Zen Buddhism. It is a short but powerful text that encapsulates the essence of the Buddha's teachings. The Heart Sutra teaches us that all things are empty of self-nature, and that the true nature of reality is emptiness. This teaching can help us to let go of our attachments and live in the present moment.

2. The Diamond Sutra

The Diamond Sutra is another important sutra in Zen Buddhism. It teaches us that all things are impermanent, and that we should not cling to anything. The Diamond Sutra also teaches us that the true nature of reality is beyond words and concepts. This teaching can help us to let go of our expectations and live in the present moment.

3. The Lankavatara Sutra

The Lankavatara Sutra is a long and complex sutra that is considered to be one of the most important texts in Zen Buddhism. It teaches us that the true nature of reality is mind-only. This teaching can help us to let go of our attachment to the physical world and live in the present moment.

4. The Vimalakirti Sutra

The Vimalakirti Sutra is a unique and challenging sutra that is known for its unconventional teachings. It teaches us that the true nature of reality is non-dualistic. This teaching can help us to let go of our attachments to duality and live in the present moment.

5. The Surangama Sutra

The Surangama Sutra is a long and powerful sutra that is considered to be one of the most important texts in Zen Buddhism. It teaches us that the true nature of reality is pure awareness. This teaching can help us to let go of our attachments to thoughts and emotions and live in the present moment.

6. The Mahaparinirvana Sutra

The Mahaparinirvana Sutra is a long and complex sutra that is considered to be one of the most important texts in Zen Buddhism. It teaches us that

the true nature of reality is the Buddha-nature. This teaching can help us to let go of our attachments to self and live in the present moment.

7. The Amitabha Sutra

The Amitabha Sutra is a popular and well-known sutra in Zen Buddhism. It teaches us that the true nature of reality is the Pure Land. This teaching can help us to let go of our attachments to this world and live in the present moment.

8. The Lotus Sutra

The Lotus Sutra is a long and complex sutra that is considered to be one of the most important texts in Zen Buddhism. It teaches us that the true nature of reality is the Dharma. This teaching can help us to let go of our attachments to religion and live in the present moment.

9. The Nirvana Sutra

The Nirvana Sutra is a long and complex sutra that is considered to be one of the most important texts in Zen Buddhism. It teaches us that the true nature of reality is the cessation of suffering. This teaching can help us to let go of our attachments to suffering and live in the present moment.

10. The Angulimala Sutra

The Angulimala Sutra is a short and powerful sutra that is known for its story of redemption. It teaches us that the true nature of reality is compassion. This teaching can help us to let go of our attachments to anger and hatred and live in the present moment.

11. The Dhammapada

The Dhammapada is a collection of short sayings and verses that is considered to be one of the most popular and influential Buddhist texts. It teaches us about the importance of ethics, morality, and meditation. The Dhammapada can help us to live in the present moment and cultivate a peaceful and compassionate heart.

12. The Sutta Nipata

The Sutta Nipata is a collection of early Buddhist texts that is considered to be one of the most important early Buddhist scriptures. It teaches us about the importance of awakening, enlightenment, and liberation. The Sutta Nipata can help us to live in the present moment and realize our true nature.

13. The Theragatha and Therigatha

The Theragatha and Therigatha are collections of poems and verses by early Buddhist monks and nuns. They teach us about the importance of renunciation, asceticism, and meditation. The Theragatha and Therigatha can help us to live in the present moment and cultivate a simple and humble life.

14. The Majjhima Nikaya

The Majjhima Nikaya is a collection of medium-length discourses by the Buddha. It is one of the largest and most important Buddhist scriptures. The Majjhima Nikaya teaches us about the importance of the Four Noble Truths, the Eightfold Path, and the nature of reality. The Majjhima Nikaya can help us to live in the present moment and understand the true nature of the world.

15. The Samyutta Nikaya

The Samyutta Nikaya is a collection of grouped discourses by the Buddha. It is one of the largest and most important Buddhist scriptures. The Samyutta Nikaya teaches us about the importance of the Five Aggregates, the Twelve Nidanas, and the Dependent Origination. The Samyutta Nikaya can help us to live in the present moment and understand the interconnectedness of all things.

16. The Anguttara Nikaya

The Anguttara Nikaya is a collection of numerical discourses by the Buddha. It is one of the largest and most important Buddhist scriptures. The Anguttara Nikaya teaches us about the importance of the Ten Precepts, the Four Applications of Mindfulness, and the Five Faculties. The Anguttara Nikaya can help us to live in the present moment and cultivate a virtuous and wholesome life.

17. The Udana

The Udana is a collection of short, exclamatory verses by the Buddha. It is one of the smallest and most important Buddhist scriptures. The Udana teaches us about the importance of joy, gratitude, and compassion. The Udana can help us to live in the present moment and appreciate the beauty and wonder of life.

18. The Itivuttaka

The Itivuttaka is a collection of short, pithy sayings by the Buddha. It is one of the smallest and most important Buddhist scriptures. The Itivuttaka teaches us about the importance of truthfulness, humility, and contentment. The Itivuttaka can help us to live in the present moment and cultivate a simple and peaceful life.

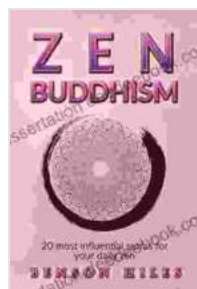
19. The Jataka Tales

The Jataka Tales are a collection of stories about the previous lives of the Buddha. They are one of the most popular and influential Buddhist scriptures. The Jataka Tales teach us about the importance of morality, kindness, and compassion. The Jataka Tales can help us to live in the present moment and cultivate a virtuous and wholesome life.

20. The Visuddhimagga

The Visuddhimagga is a comprehensive guide to Buddhist meditation and spiritual practice. It is one of the most important and influential Buddhist scriptures. The Visuddhimagga teaches us about the importance of mindfulness, concentration, and insight. The Visuddhimagga can help us to live in the present moment and cultivate a deep and lasting spiritual realization.

These are just a few of the many influential sutras that can help you on your Zen journey. By studying and practicing these teachings, you can learn to live in the present moment, let go of your attachments, and realize your true nature. May these sutras guide you on your path to enlightenment.



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