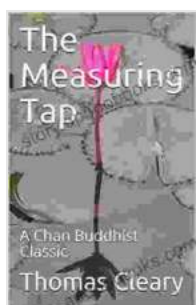


# The Measuring Tap: A Chan Buddhist Classic

The Measuring Tap is a collection of 500 koans, or paradoxical stories, that have been used for centuries to teach the principles of Chan Buddhism. This book is a valuable resource for anyone interested in learning more about Zen Buddhism and its teachings.



## The Measuring Tap: A Chan Buddhist Classic

★★★★★ 5 out of 5

Language	: English
File size	: 2322 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 272 pages
Lending	: Enabled



## What is a koan?

A koan is a paradoxical story or question that is used to help students of Zen Buddhism achieve enlightenment. Koans are often nonsensical or impossible to answer, and they are designed to challenge the student's intellect and force them to think outside the box.

The Measuring Tap is a collection of 500 koans that were compiled by the Chinese Zen master Wumen Huikai in the 13th century. These koans are some of the most famous and well-known koans in the Zen tradition, and

they have been used for centuries to teach students about the nature of reality and the path to enlightenment.

## **How to use The Measuring Tap**

The Measuring Tap can be used in a variety of ways. One common way to use it is to simply read the koans and reflect on their meaning. Another way to use the book is to meditate on the koans. This can be done by sitting in a quiet place and focusing your attention on a single koan. As you meditate, allow the koan to work its way into your mind and see what insights arise.

There is no one right way to use The Measuring Tap. The best way to use it is the way that works best for you. If you are new to Zen Buddhism, you may want to start by reading the koans and reflecting on their meaning. As you become more familiar with the koans, you may want to try meditating on them.

## **The benefits of using The Measuring Tap**

There are many benefits to using The Measuring Tap. Some of the benefits include:

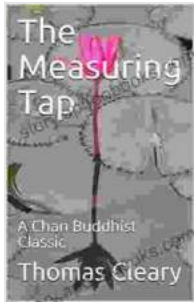
- Enhanced understanding of the principles of Chan Buddhism
- Increased ability to focus and concentrate
- Reduced stress and anxiety
- Improved sleep
- Increased creativity and problem-solving skills
- A deeper understanding of yourself and your place in the world

If you are interested in learning more about Zen Buddhism or if you are simply looking for a way to improve your life, The Measuring Tap is a valuable resource. This book can help you to achieve a deeper understanding of yourself and the world around you.

### **Free Download your copy of The Measuring Tap today!**

The Measuring Tap is available in both print and ebook formats. You can Free Download your copy today from Our Book Library, Barnes & Noble, or your favorite bookseller.





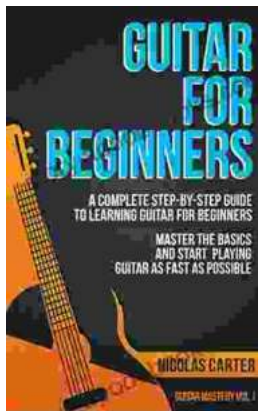
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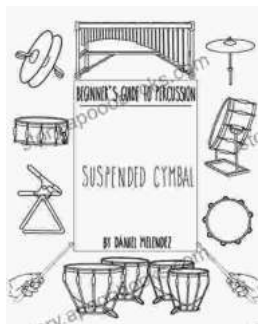
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