

# Download Bodhidharma The Zen Master

Central to Zen is the practice of dhyana or meditation. Origins. The practice of meditation entered into Chinese through the translations of An Shigao (fl. c. 148–180 CE), and Kum?raj?va (334–413 CE), who both translated Dhy?na sutras, which were influential early meditation texts mostly based on the Yogacara meditation teachings of the ...The historical Bodhidharma (known as Daruma in Japan) was an Indian sage who lived sometime in the fifth or sixth century AD. He is commonly considered the founder of Chan (Zen) Buddhism ?, and credited with Chan's introduction to China.Zen master is a somewhat vague English term that arose in the first half of the 20th century, sometimes used to refer to an individual who teaches Zen Buddhist meditation and practices, usually implying longtime study and subsequent authorization to teach and transmit the tradition themselves.His name comes up in mentions of Zen's misty past, but without any writings or authentication, modern authors have often referred to Bodhidharma as semilegendary.