Founded in 1970, Orbis Books endeavors to publish works that enlighten the mind, nourish the spirit, and challenge the conscience. The publishing arm of the Maryknoll Fathers and Brothers, Orbis seeks to explore the global dimensions of the Christian faith and mission, to invite dialogue with diverse cultures and religious traditions, and to serve the cause of reconciliation and peace. The books published reflect the views of their authors and do not represent the official position of the Maryknoll Society. To learn more about Maryknoll and Orbis Books, please visit our website at www.maryknollsociety.org.

Copyright © 2013 by Ruben L. F. Habito

Published by Orbis Books, Maryknoll, New York 10545-0302.
Manufactured in the United States of America.

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording or any information storage or retrieval system, without prior permission in writing from the publisher.

Queries regarding rights and permissions should be addressed to: Orbis Books, P.O. Box 302, Maryknoll, New York 10545-0302.

Library of Congress Cataloging-in-Publication Data

Habito, Ruben L. F., 1947-
   Zen and the spiritual exercises: paths of awakening and transformation / Ruben L.F. Habito.
   pages cm
   Includes bibliographical references and index.
   ISBN 978-1-62698-046-4 (pbk.)
   BQ9269.4.C5H33 2013
   294.3'4435--dc23
   2013011370
Contents

Preface ix

Introduction: Two Paths of Awakening and Transformation xvii

I. Preparing the Way

1. Translating Ignatius, Presenting Zen 3

2. Preliminary Guidelines for Entering the Path 24

3. Who Am I? Why Am I Here? The Principle and Foundation of the Spiritual Path 33

II. Purification

4. The Human Condition: In Need of Healing 53

5. Toward Recovery: Turning My Life Around 68

III. Illumination

6. Let Me Know the Way: Contemplating Jesus 83
7. The Quality of Freedom: Grounding Our Choices 109


9. Putting on the Mind of Jesus: Overturning Conventional Wisdom 135

IV. Union

10. Dying, You Destroy Our Death 173

11. Arise, Be Awake! Back to Galilee 190

12. Basking in Divine Love: The Eyes and Hands of Kuan-yin 200

Conclusion: Awakened and Transformed in Love—On Being a Contemplative in Action 213

Acknowledgments 219

Index 229