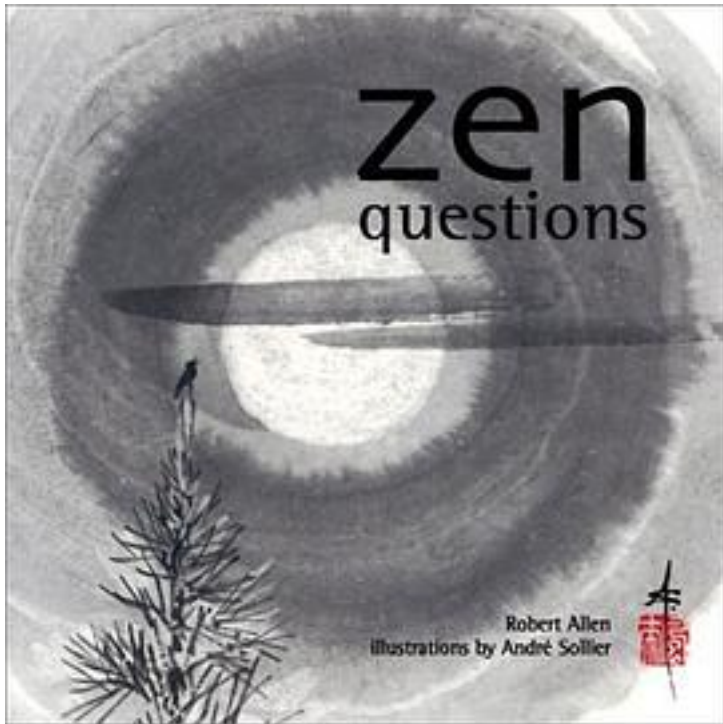


Zen Questions



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It is the Zen way to want to share what you have. Zen is simply the Japanese name for an experience that is common to all humanity. Zen is not unattainable mysticism but a way of life that can be followed by anyone with the desire and the determination to do so. Zen is not a matter of rules but of understanding. Zen Questions is the perfect book for anyone new to Zen and a wonderful companion volume for those searching to better understand their lives. It includes simple instructions on meditation techniques together with stories, poems, and anecdotes - both ancient and modern - relating to the Zen way of seeing the world. These editions were first published in the U.K. by MQ Publications, Lts. Other AMP titles from MQP include I Love You; Mother; Spells for

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