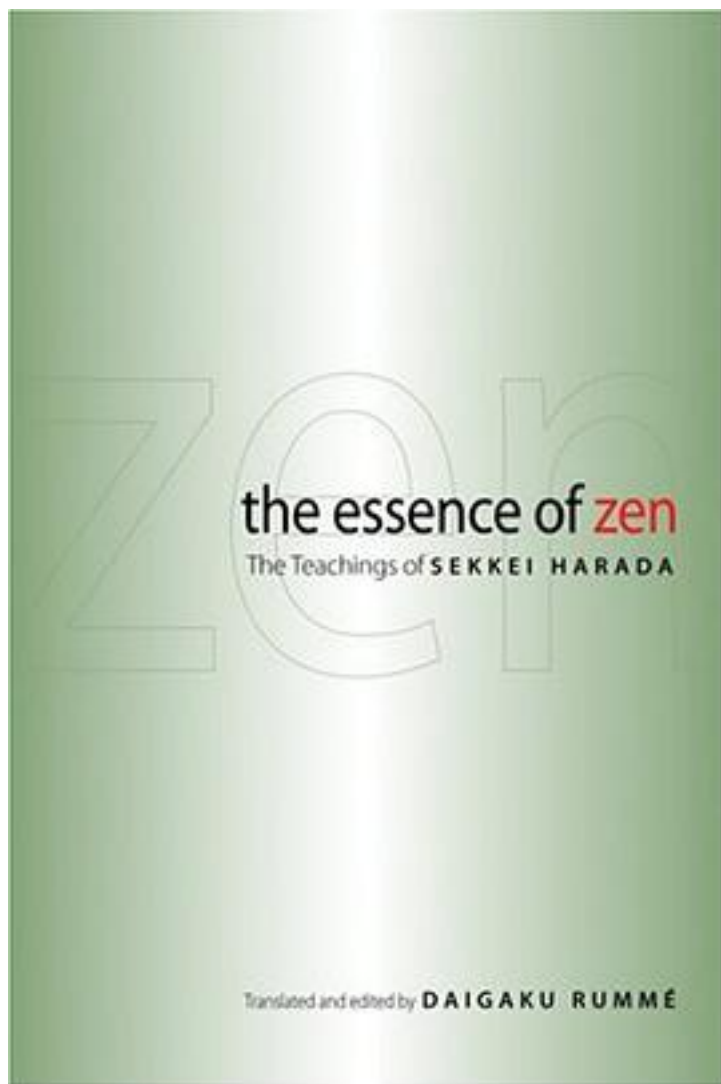


The Essence of Zen



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Sekkei Harada is of automatic interest to anyone with an interest in modern Zen history. Like such big Zen names as Seung Sahn and Taizan Maezumi, he's very no-nonsense and gets right to the matter. Harada's specialization, captured here, is in treating our "Zen sickness," pushing us to drop those parts of ourselves that grasp and make demands regarding our understanding or progress in Zen practice. He also explains the differences between Zen's primary schools, helping newer practitioners find their way.

作者介绍:

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