



Sitting with Koans: Essential Writings on Zen Koan Introspection

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The Zen tradition has just two main meditative practices: shikantaza, or "just sitting"; and introspection guided by the powerful Zen teaching stories called koans. Following in the tradition of *The Art of Just Sitting* (endorsed as a "A book we have needed for a long, long time"), this new anthology from John Daido Looi illuminates the subtle practice of koan study from many different points of view.

Includes writings by:

- Robert Aitken
- William Bodiford
- Robert Buswell
- Roko Sherry Chayat
- Francis Dojun Cook
- Eihei Dogen
- Heinrich Dumoulin
- Hakuin Ekaku
- Victor Sogen Hori
- Keizan Jokin
- Philip Kapleau
- Chung-fen Ming-Pen
- Taizan Maezumi
- Dennis Genpo Merzel
- Soen Nakagawa
- Ruth Fuller Sasaki
- Sokei-an Sasaki
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