



The Art of Just Sitting: Essential Writings on the Zen Practice of Shikantaza

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Wisdom Publications. Paperback. Book Condition: New. Paperback. 256 pages. Dimensions: 9.2in. x 6.2in. x 0.9in.Shikantaza--or just sitting--is one of the simplest, most subtle forms of meditation, and one of the most easily misunderstood. This peerless volume brings together a wealth of writings, from the Buddha himself to Bodhidharma and Dogen and many of modern Zen Buddhisms most influential masters, all pointing directly to the heart of this powerful practice. Edited by one of Americas pre-eminent Zen teachers, this book is a rich resource for wisdom seekers and scholars alike. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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