



The Essence of Zen: The Teachings of Sekkei Harada

Sekkei Harada, Daigaku Rumme

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The Essence of Zen is an expert's guided tour of the ins and outs of the tradition's approach to meditation, enlightenment, and the oneness of all things. To read it is to enter into one of modern Japanese Zen's most subtle and sophisticated minds.

Sekkei Harada skillfully pushes us to drop those parts of ourselves that grasp and make demands regarding our understanding or progress in meditation practice. He enables us to see clearly-and steer clear of-the philosophical stumbling blocks that can make the path precarious.

The Essence of Zen represents the most succinct of his teachings, making it of immediate value to anyone with an interest in Zen. The book also contains Harada's explanations of the differences between the tradition's primary schools, making it particularly helpful to newcomers.

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