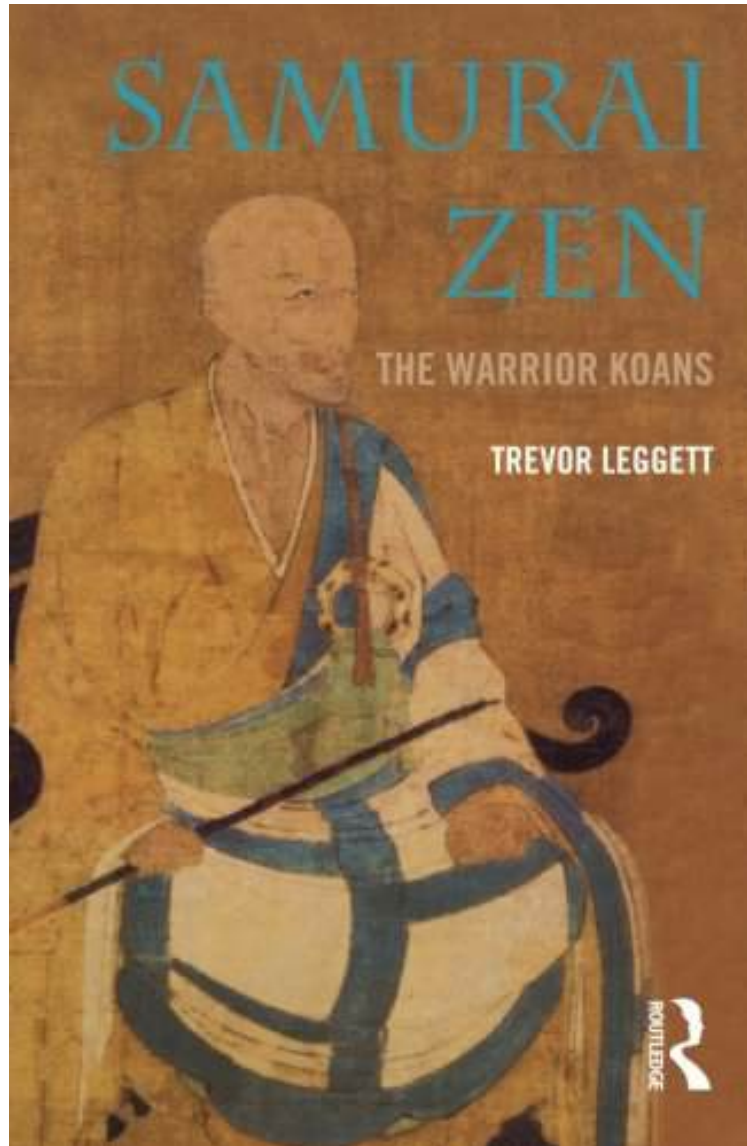


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Samurai Zen: The Warrior Koans

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4 of 5 review helpful Great Book Not For Everyone By J Barr Trevor Leggett does his usual outstanding job But the book is not for everyone If you are looking for an introductory book to Zen meditation steer clear This is hard core stuff Samuiri Zen is especially good for those like myself who found their path in Zen via bujutsu but if you come from another perspective don t let that stop you from considering it Like Samurai Zen brings together 100 of the rare riddles which represent the core spiritual discipline of Japan s ancient Samurai tradition Dating from thirteenth century records of Japan s Kamakura temples and traditionally guarded with a reverent secrecy they reflect the earliest manifestation of pure Zen in Japan Created by Zen Masters for their warrior pupils the Japanese Koans use incidents from everyday life a broken tea cup a water jar a cloth to br Language Notes Text English translation Original Language Japanese About the Author Trevor Leggett was the former head of Japanese Service of the BBC in the nbsp UK

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