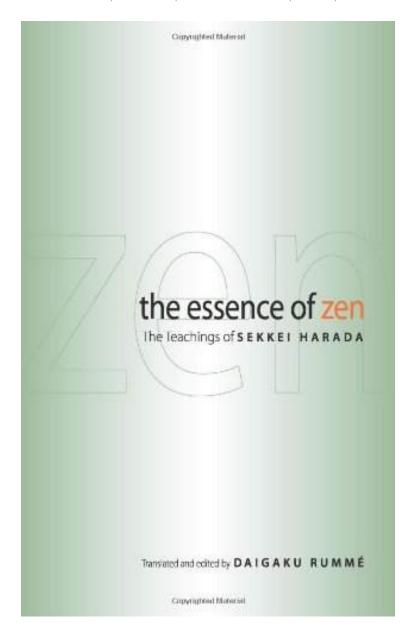
The Essence of Zen: The Teachings of Sekkei Harada

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6 of 6 review helpful as he realizes how easily the finger can be mistaken for the moon By Michael Drouilhet Clear guidance by extraordinary Zen Master Not just talk but he urges practitioners to do zazen as Sekkei san s own self realization is the real thing Sekkei Harada Roshi waited many years before putting his words into print as he realizes how easily the finger can be mistaken for the moon This book is some of 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 The Essence of Zen offers encouragement to the beginner and reminders to the more experienced Zen student Sekkei Harada reminds us that Zen practice knows no cultural limitations exhorting us to take practice as expedient means for awakening He then

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