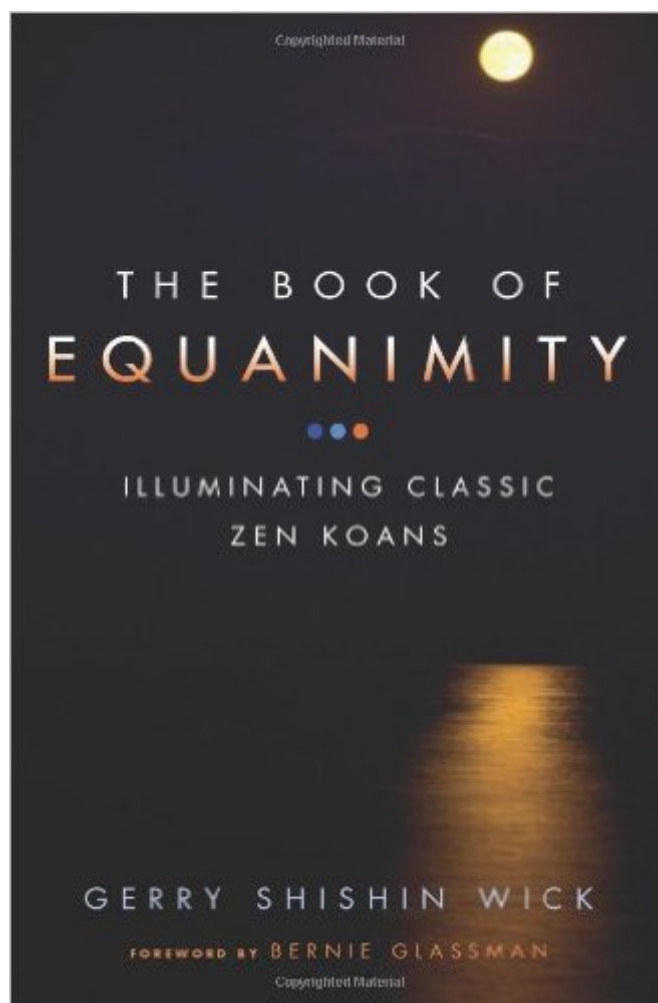


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The Book Of Equanimity: Illuminating Classic Zen Koans



Synopsis

The Book of Equanimity contains the first-ever complete English language commentary on one of the most beloved classic collections of Zen teaching stories (koans), making them vividly relevant to spiritual seekers and Zen students in the twenty-first century. Continually emphasizing koans as effective tools to discover and experience the deepest truths of our being, Wick brings the art of the koan to life for those who want to practice wisdom in their daily lives. The koan collection Wick explores here is highly esteemed as both literature and training material in the Zen tradition, in which koan-study is one of two paths a practitioner might take. This collection is used for training in many Zen centers in the Americas and in Europe but has never before been available with commentary from a contemporary Zen master. Wick's Book of Equanimity includes new translations of the preface, main case and verse for each koan, and modern commentaries on the koans by Wick himself.

Book Information

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Customer Reviews

Gerry Shishin Wick's commentary on the Book of Equanimity is wonderful and an indispensable text for any Zen practitioner wishing to unlock the wisdom contained in this ancient work. The references in this book of koans are often cryptic and Shishin Wick helps the reader to unravel them with solid background information placed in a historical context. Together with his deep insight into the koan itself and his elegant writing, it makes the book an absolute MUST for any serious Zen practitioner involved in koan work. As a Zen teacher, I recommend the book wholeheartedly. Janet Jiryu Abels,

Still Mind Zendo, New York City

I've read quite a few introductions to Zen, and I've found that most of them require considerable understanding of the culture in which the koans and commentaries were written, which is usually Chinese culture, and ancient Chinese culture to boot. This is the first book I've read where the images and symbolism are carefully explained, without diluting the message to pop level. I recommend this book to anyone who is looking for a sophisticated explanation of the Zen canon that does not require a deep knowledge of Chinese culture.

This interpretation of a classic collection of Zen koans is well worth reading for the serious Zen student. Wick goes out of his way to make the cultural references clear and to indicate some of the meatiness of these koans in a way accessible to the contemporary Western Zen practitioner.

This is a wonderfully thoughtful and ambitious book that interprets the classic koan collection "Book of Serenity". As a Zen student myself, just getting into the daunting original translation, I am so glad to have this book. It's like having a flashlight in a pitch dark haunted Zen temple. Where before there was only fear and loathing now there is a beam of light. Thank you Shishin! You are a great modern master. Your eyebrows brush eyebrows with old mendicants. Ask old teacher Wang of Nanquan - Each person just eats one stalk of vegetable.

The author cuts to the quick in illuminating the koans. I was amazed at how it clicked. Mind you I have been reading koan books for some time and maybe I was ready...but still...this is a wonderful read.

Just what I was looking for...to mentally take me out of worries and hum drum days.Challenging and it will take me forever (slow reader)to record my favorite quotes...In essence,I'm a happy camper.

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