



The Flowing Bridge: Guidance on Beginning Zen Koans

Elaine MacInnes

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Koans--such as "What is the sound of one hand clapping?"--have penetrated deeply into popular consciousness. Yet, those who encounter koans in the traditional literature or in the context of exploring Zen practice themselves can often find them utterly baffling.

The Flowing Bridge is the first-ever book to address all of the first koans that Zen students encounter in practice--"What is Mu?" "What is the sound of the single hand?" and the so-called "miscellaneous" koans--that have historically been closely guarded by master and disciple as esoteric treasures.

Elaine MacInnes, a Catholic nun and a Zen teacher in the lineage of the renowned master Koun Yamada (author of Wisdom's *The Gateless Gate*), offers exceptionally valuable guidance to beginners on how to work with koans--and reveals an uncommon depth of insight and an easy technical mastery of Zen's most misunderstood and most powerful tools. This book is sure to become a classic, standing alongside *The Gateless Gate* and *The Blue Cliff Record* as a must-read for anyone seeking Zen's subtlest teachings and deepest power.



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