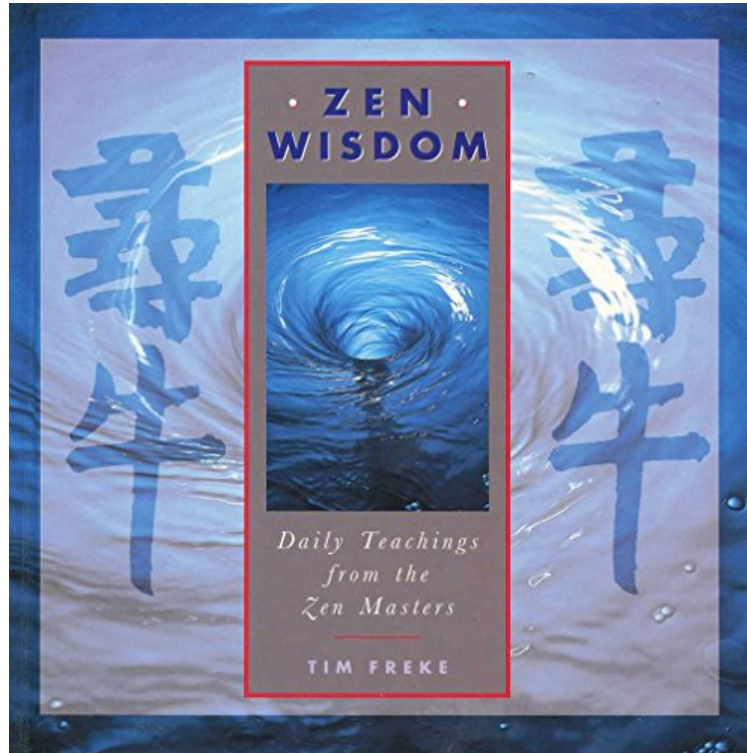


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## Zen Wisdom: Daily Teachings from the Zen Masters (English Edition)

Von Tim Freke

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with quotes from the 12th-century Chinese master Kuo-an Shih-yuan, followed by inspirational thoughts of the day from the great Zen masters. The Zen journey is not a direct one, however, and readers will find themselves at different stages at different times. But the tale of 'The Ten Bulls' is a powerful metaphor, in which the bull represents the seeker's self, which he or she must find, master and eventually relinquish in the search for the essential Oneness of all things. Synopsis These daily teachings take the reader on a journey of gradual awakening which echoes the traditional Zen story of The Ten Bulls. Each section of this gift book corresponds to a step on the path to enlightenment.