



Simple Zen: A Guide to Living Moment by Moment (Simple Series)

C. Alexander Simpkins , Anellen M. Simpkins

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Simple Zen is a comprehensive and accessible introduction to Zen's history, themes, and uses in our modern Western world.

Beginning with a history of Zen from the time of its origin to the present, the book goes on to outline the themes and practices associated with Zen, such as koans, meditation, enlightenment, and ethics. The final section of the book, entitled "Living Zen," addresses the ways in which Zen can help us to realize a deeper, fuller life through such artistic activities as poetry, brush painting, the martial arts, tea ceremony, and flower arrangement.

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