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The Book of Mu: Essential Writings on Zen's Most Important Koan

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A MONK ASKED THE MASTER,
"DOES A DOG HAVE BUDDHA NATURE?"
THE MASTER SAID, "MU."



the book
of **MU**
essential writings
on zen's most important koan

EDITED BY JAMES ISHMAEL FORD & MELISSA MYOZEN BLACKER
WITH A FOREWORD BY JOHN TARRANT

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2 of 2 review helpful A Great Way To Enter Koans By M I didn t realize how helpful I would find this book until I started feeling the impact of having so many different writers all focused on one single Koan I had always been intrigued by the notion of working with koans but it was really this book that gave me the courage to try and tackle some koan work I always thought koans would not be an effective tool for me bu The word mu is one ancient Zen teacher s response to the earnest question of whether even a dog has buddha nature Discovering for ourselves the meaning of the master s response is the urgent work of each of us who yearns to be free and at peace Practicing Mu is synonymous with practicing Zen sitting with Mu is an apt description for all Zen meditation and it is said that all the thousands and thousands of koans in the Zen tradition are just further elaboratio A delightful book based on a delightful idea and a must read for anyone interested in Zen Mu Soeng author of The Heart of the Universe The most important of all koans finally gets the attention it deserves For those considering koan study

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