



Zen: Merging of East and West

By Roshi P. Kapleau

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In this companion volume to **The Three Pillars of Zen**, Kapleau establishes guidelines for Western practitioners of Zen Buddhism, offering appealing, simple answers to the questions Westerners most often ask. Among the topics discussed in this informative, user-friendly book: "Transcendental Meditation: Who Transcends What?", "Can I Practice Zen and Be a Good Jew (or Catholic)?", "Reading About Enlightenment Is Like Scratching an Itchy Foot Through Your Shoe," and "Meditation Is an Escape--What Are You Doing to Help Society?" Kapleau's eloquence, humor, and authority make this an indispensable handbook for understanding Zen in the Western world.

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Review

"It strikes new ground by presenting Zen practice in a thoroughly Western milieu...Weighty matters are dealt with so entertainingly that it is hard to put the book down"--John Blofeld

"Taken either for itself or as a companion to Kapleau's classic **The Three Pillars of Zen**, this is an excellent introduction."--*Library Journal*

"Kapleau goes into many areas of Zen little explored in Western writings, areas that both perplex and titillate Western students--. His comments and expositions are incisive, humorous, and well illustrated with personal anecdotes and amusing stories."--*Re-Vision*

"An important contribution to our understanding of Zen in the Western world, where it is now becoming a steadily growing spiritual force."--Lama Govinda, author of **Foundations of Tibetan Mysticism** and **A Living Buddhism for the West**

From the Publisher

Here, Roshi Kapleau addresses how Westerners can adapt and practice Zen.

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From the Inside Flap

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