



Questions to a Zen Master: Practical and Spiritual Answers from the Great Japanese Master

Taisen Deshimaru

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“True religion,” the great Japanese teacher Taisen Deshimaru wrote, “is not esoteric or mystical, it is not an exercise in well-being or gymnastics. True religion is the highest Way, the absolute Way: zazen.”

Here, Deshimaru, the author of *True Zen*, offers practical suggestions for developing unitary mind-body consciousness through the principles of zazen (translated literally as "seated meditation"). Advice is given on posture, breathing, and concentration, and concepts such as karma and satori are clearly explained.

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