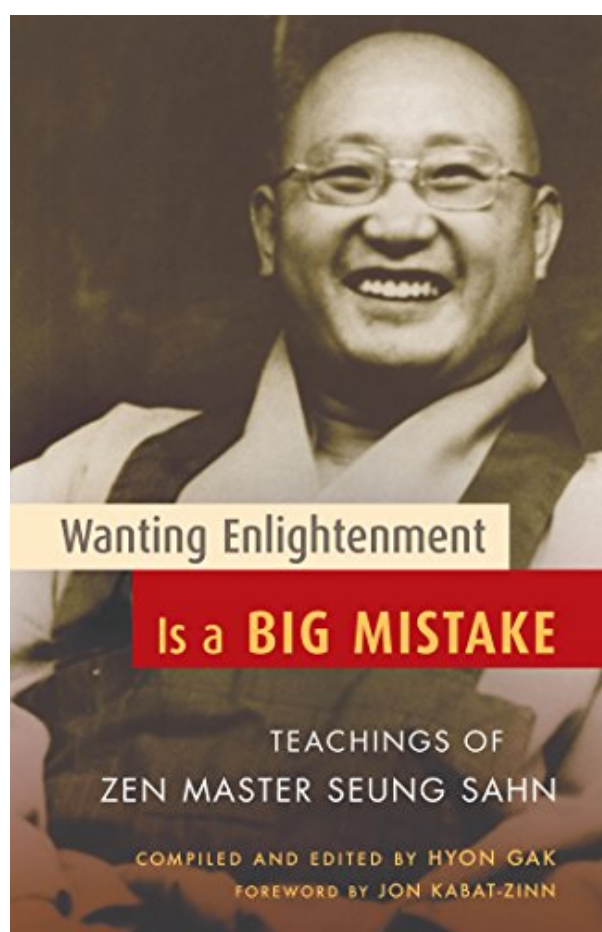
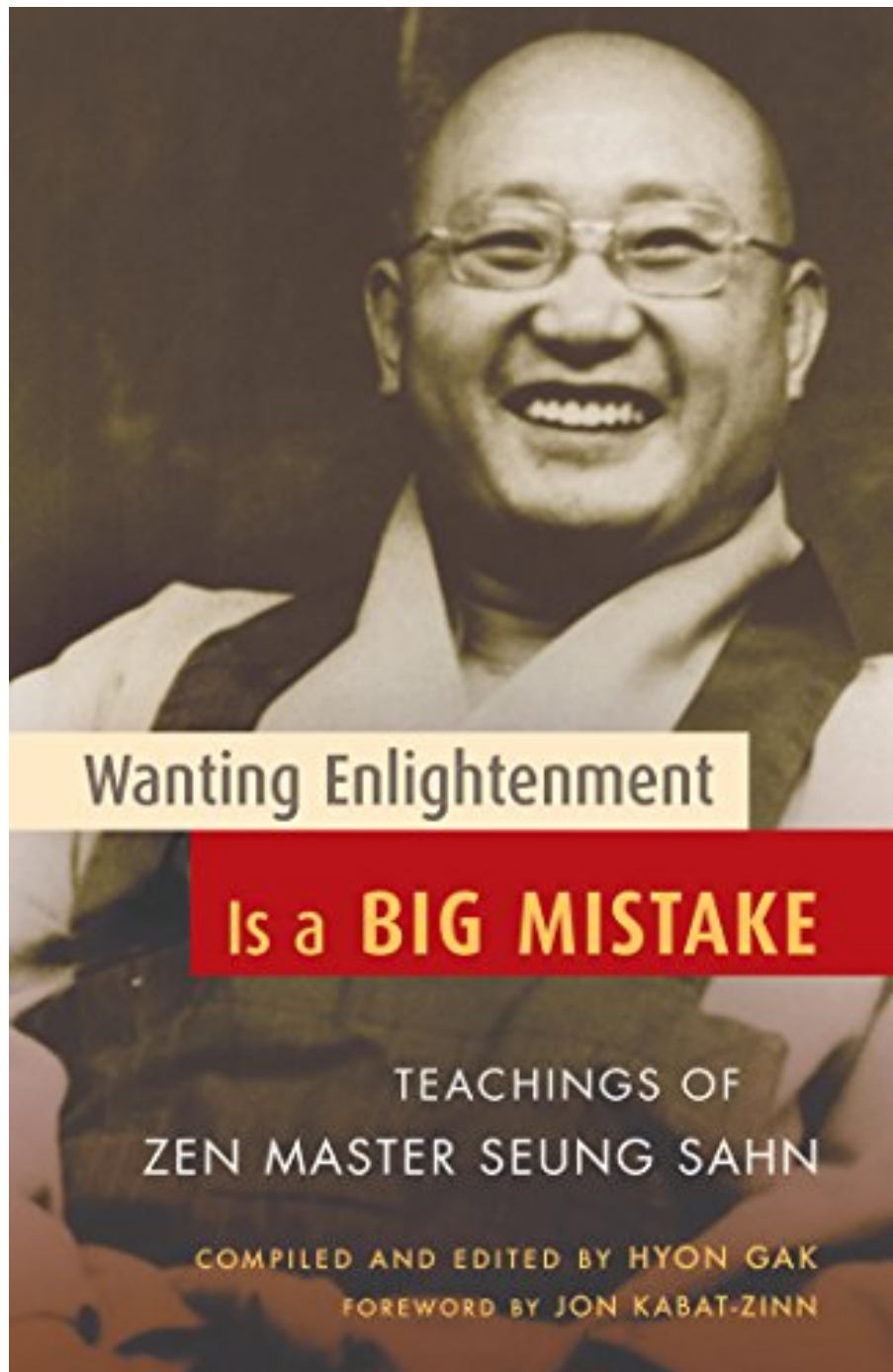


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A major figure in the transmission of Zen to the West, Zen Master Seung Sahn was known for his powerful teaching style, which was direct, surprising, and often humorous. He taught that Zen is not about achieving a goal, but about acting spontaneously from "don't-know mind." It is from this "before-thinking" nature, he taught, that true compassion and the desire to serve others naturally arises. This collection of teaching stories, talks, and spontaneous dialogues with students offers readers a fresh and immediate encounter with one of the great Zen masters of the twentieth century.

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