



No Beginning, No End: The Intimate Heart of Zen

Jakusho Kwong Roshi

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In **No Beginning, No End**, Zen master Jakusho Kwong-roshi shows us how to treasure the ordinary activities of our daily lives through an understanding of simple Buddhist practices and ideas. The author's spontaneous, poetic, and pragmatic teachings—so reminiscent of his spiritual predecessor Shunryu Suzuki (**Zen Mind, Beginner's Mind**)—transport us on an exciting journey into the very heart of Zen and its meaningful traditions. Because Kwong-roshi can transmit the most intimate thing in the most accessible way, we learn how to ignite our own vitality, wisdom, and compassion and awaken a feeling of intimacy with the world. It is like having a conversation with our deepest and wisest self.

Jakusho Kwong-roshi was originally inspired to study Zen because of zenga, the ancient art of Zen calligraphy. Throughout this book he combines examples of his unique style with less well-known stories from the Zen tradition, personal anecdotes—including moving and humorous stories of his training with Suzuki-roshi—and his own lucid and inspiring teachings to draw all readers into this intimate expression of the enlightening world of Zen: the world of who we are.

From the Hardcover edition.

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vocabulary styles that writer use for explain it is easy to understand. Often the writer made some investigation when he makes this book. Honestly, that is why this book acceptable all of you.

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