



Two Zen Classics: The Gateless Gate and the Blue Cliff Records

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The strange verbal paradoxes called koans have been used traditionally in Zen training to help students attain a direct realization of truths inexpressible in words. The two works translated in this book,

Mumonkan

(*The Gateless Gate*)

)

and

Hekiganroku

(*The Blue Cliff Record*),

both compiled during the Song dynasty in China, are the best known and most frequently studied koan collections, and are classics of Zen literature. They are still used today in a variety of practice lineages, from traditional zendos to modern Zen centers. In a completely new translation, together with original commentaries, the well-known Zen teacher Katsuki Sekida brings to these works the same fresh and pragmatic approach that made his

Zen

Training

so successful. The insights of a lifetime of Zen practice and his familiarity with both Eastern and Western ways of thinking make him an ideal interpreter of these texts.

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