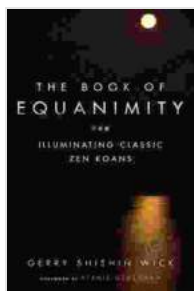


# The Of Equanimity: Illuminating Classic Zen Koans

The Of Equanimity is a collection of 100 classic Zen koans, each accompanied by a commentary that illuminates the koan's meaning and its relevance to our daily lives. These koans are designed to challenge our assumptions about the world and to help us see things in a new light. They can be used for meditation, contemplation, or simply as a way to open our minds to new possibilities.



## The Book of Equanimity: Illuminating Classic Zen

**Koans** by Gerry Shishin Wick

★★★★☆ 4.7 out of 5

Language : English  
File size : 1003 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 353 pages



Zen koans are short, paradoxical stories or questions that are used to teach Zen students about the nature of reality. They are often difficult to understand, but they can be very powerful tools for spiritual growth. The Of Equanimity includes koans from a variety of sources, including the Zen masters of China, Japan, and Korea.

The commentaries in *The Of Equanimity* are written by John Daido Looi, a Zen master in the Soto tradition. Looi's commentaries are clear and concise, and they provide a deep understanding of the koans' meanings. He also offers practical advice on how to use koans in your own meditation practice.

*The Of Equanimity* is a valuable resource for anyone who is interested in Zen Buddhism or in meditation. It is a book that can be read and reread for years to come, and it will always offer new insights into the nature of reality.

### **What is a koan?**

A koan is a short, paradoxical story or question that is used to teach Zen students about the nature of reality. Koans are often difficult to understand, but they can be very powerful tools for spiritual growth. They are designed to challenge our assumptions about the world and to help us see things in a new light.

Koans can be used for meditation, contemplation, or simply as a way to open our minds to new possibilities. When we meditate on a koan, we are not trying to find the "correct" answer. Instead, we are simply trying to let go of our assumptions and to be open to the koan's deeper meaning.

Koans can be a challenging but rewarding way to learn about Zen Buddhism. They can help us to see the world in a new light and to develop a deeper understanding of our own nature.

### **The benefits of koans**

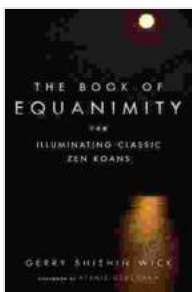
There are many benefits to practicing with koans. Koans can help us to:

- Challenge our assumptions about the world
- See things in a new light
- Develop a deeper understanding of our own nature
- Let go of our attachments
- Find peace and equanimity

If you are interested in learning more about Zen Buddhism or in meditation, I encourage you to explore the koans in The Of Equanimity. These koans are a valuable resource for anyone who is seeking to deepen their understanding of the nature of reality.

## Free Download your copy of The Of Equanimity today!

The Of Equanimity is available now from all major booksellers. Free Download your copy today and start your journey into the world of Zen koans.



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