



No Beginning, No End: The Intimate Heart of Zen

Jakusho Kwong

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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 own unique style of calligraphy, with less-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. All of this comes together to create an intimate expression of the enlightening world of Zen.

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Paul Kennedy:

Playing with family in a very park, coming to see the marine world or hanging out with buddies is thing that usually you might have done when you have spare time, and then why you don't try point that really opposite from that. One activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love No Beginning, No End: The Intimate Heart of Zen, you are able to enjoy both. It is good combination right, you still wish to miss it? What kind of hangout type is it? Oh seriously its mind hangout guys. What? Still don't get it, oh come on its known as reading friends.

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