



Zen: The Authentic Gate

By Yamada Koun

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Whether a beginner or at the highest level of practice, learn Zen from one of the greatest masters of the twentieth century.

Why practice Zen? What sets Zen apart from religion? What are its different practices?

These questions, and more, are examined and answered by Zen Master Koun Yamada, whose Dharma heirs include Robert Aitken, Ruben Habito, and David Loy. Through compelling stories and a systematic approach, he guides the reader through creating and sustaining a lifelong practice. Warm and ecumenical in tone, Koun uses the insights of Zen to bring a deeper understanding of faith.

Zen: The Authentic Gate is an easy-to-follow guide to creating an effortless and natural practice regardless of background, tradition, or religion.

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Editorial Review

Review

“Yamada’s introduction to Zen is a welcome and dense primer that has much to offer novices as well as experienced practitioners.” (*Publishers Weekly*)

“An authoritative, convincing and readable insider’s view of the path of awakening, by one of the great Zen Masters of the twentieth century.” (Ruben L.F. Habito, author of *Healing Breath*)

“As Yamada clearly enunciates, the heart of Zen is realization and actualization, or awakening and practice, in more familiar terms. Zen in the West is still learning that this awakening/practice is timeless, nothing but the endless journey taken together with all suffering beings, not an end result. Yamada continues to take this journey with each of us, step by step, forever and ever and ever. He bows to us, and we are moved to bow in return.” (Mark Unno, author, *Shingon Refractions*)

About the Author

Koun Yamada (1907—1989) became a dharma successor to the renowned Zen master Haku’un Yasutani while maintaining a prominent career in business and public health. He guided the Zen practice of many students including a large number of Roman Catholic priests, monks, and nuns. His successors include Robert Chotan Gyoun Aitken, Ruben Keiun-ken Habito, and David Tetsuun-ken Loy.

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