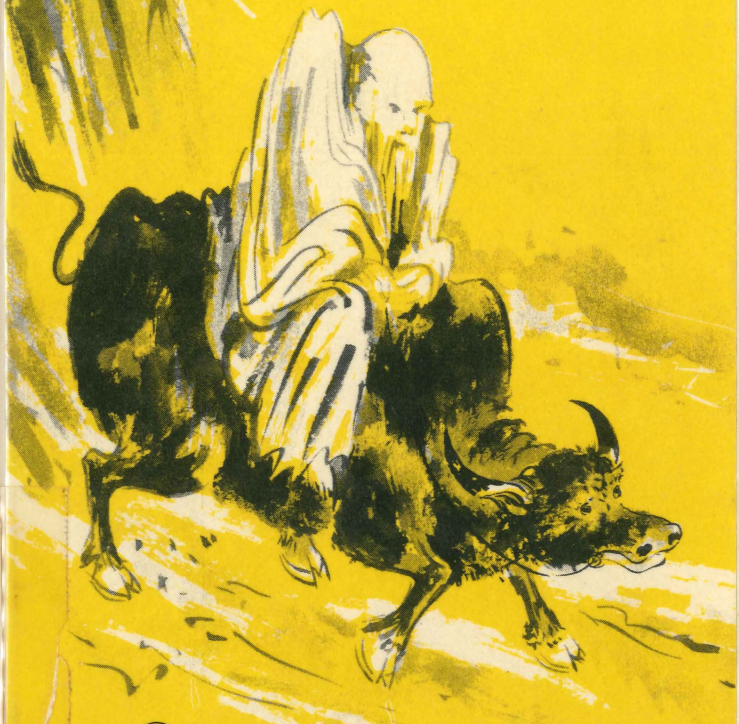
ZEN FLESH, ZEN BONES

A COLLECTION OF ZEN AND PRE-ZEN WRITINGS

COMPILED BY **PAUL REPS**



A DOUBLEDAY ANCHOR BOOK

GIFT

ZEN FLESH, ZEN BONES

Thomas Merton,
Happiest of all birthdays.
Victoria Coanda

ZEN FLESH, ZEN BONES

A COLLECTION OF ZEN & PRE-ZEN WRITINGS

Compiled by Paul Reps

Anchor Books
Doubleday & Company, Inc.
Garden City, New York

The Anchor Books edition of *Zen Flesh, Zen Bones* is published by arrangement with the Charles E. Tuttle Company of Rutland, Vermont and Tokyo, Japan.

CONTENTS

The enlightenment for which Zen aims, for which Zen exists, comes of itself. As consciousness, one moment it does not exist, the next it does. But physical man walks in the element of time even as he walks in mud, dragging his feet and his true nature.

So even Zen must compromise and recognize progressive steps of awareness leading closer to the ever instant of enlightenment.

That is what this book is about. In the twelfth century the Chinese master Kakuan drew the pictures of the ten bulls, basing them on earlier Taoist bulls, and wrote the comments in prose and verse translated here. His version was pure Zen, going deeper than earlier versions, which had ended with the nothingness of the eighth picture. It has been a constant source of inspiration to students ever since, and many illustrations of Kakuan's bulls have been made through the centuries.

The illustrations reproduced here are modern versions by the noted Kyoto woodblock artist Tomikichiro Tokuriki, descendant of a long line of artists and proprietor of the Daruma-do teashop (Daruma is the Japanese name for Bodhidharma, the first Zen patriarch). His oxherding pictures are as delightfully direct and timelessly

ZEN FLESH, ZEN BONES

A COLLECTION OF ZEN AND PRE-ZEN WRITINGS

COMPILED BY PAUL REPS

101 ZEN STORIES
THE GATELESS GATE
10 BULLS
CENTERING

Here, in one volume, are four original sources for Zen, four books of what would be Zen scripture if Zen had such things as scriptures. The first book, *101 Zen Stories,* shadows the experiences of scores of Zen masters and students during the past seven-hundred years. It records the outward occasion of numerous "enlightenments"—the achievement of *satori*—and it tells too, of many who failed to achieve it. The second book, *The Gateless Gate,* is the famous Mumonkan, a collection of forty-eight Zen koans, those ultimate riddles whose sincere contemplation may redeem the mind, open it, attain for it a second birth. Found in *10 Bulls* is a commentary on the stages of awareness, the progressive steps leading toward the instant of enlightenment. The illustrations to *10 Bulls* are by one of Japan's leading woodblock artists. The fourth book, *Centering,* is a transcription from the ancient Sanskrit of a four-thousand-year-old teaching, still surviving in Kashmir, that may well be the roots of Zen. For the reader already familiar with Zen, this book should serve as a desirable volume of source readings; for the reader *not* familiar with it, it should be an ideal introduction.

A DOUBLEDAY ANCHOR BOOK