



What More Do You Want?: Zen Questions, Zen Answers

Albert Low

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We've all had moments in our lives when we've thought, "Something is missing. There must be more to life than this." It is this sense that often brings people to the practice of Zen. By turning to Zen, they acknowledge that this "something" lies not in externals, but rather in seeking to transcend desire and attachment. The journey toward that transcendence begins with questioning, and questions will be part of the path until awakening is attained.

In What More do You Want? a fascinating new book by renowned Zen master Albert Low, he addresses some of the questions students have posed about the practice of Zen: Why do we practice? Why should we seek to understand our reasons for practicing? How can we distinguish between true and false practice? What is awakening? In addition, Low shares with his readers four teishos—talks that comment on a text or koan in order to enhance meditation practice—on zazen or seated meditation, on pain and suffering, and on the very nature of practice itself. Finally, Low shares with readers an experience of satori, a glimpse into Buddha nature.

All readers, both novice and longtime practitioners, will encounter in this book new answers, and new questions, to the what, why and how of Zen practice.

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