



Upside-Down Zen: Finding the Marvelous in the Ordinary

Susan Murphy

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Writing and teaching in the same tradition as Robert Aitken (*Taking the Path of Zen*) and John Tarrant (*Bring Me the Rhinoceros*), Susan Murphy shares their warm and lyrical approach to Zen Buddhism.

Upside-Down Zen is Murphy's unique invitation to explore the vivid spirit of Zen. Concentrating her gaze on the particular-the lived moment-she delivers Zen's timeless wisdom in a voice that stimulates and sustains the interest of the contemporary reader. She illuminates Zen koans, the often misunderstood teaching stories of the tradition, by drawing on diverse sources such as literature, folk-tales, modern cinema, and Australian aboriginal spirituality.

Upside-Down Zen is an excellent, enjoyable read for anyone with an interest in meditation, self-knowledge, and the opening of insight and compassion in ordinary life.

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