



Zen Way-of-Being Human: The Meditative Way

Dr Jerry Lacony Killingsworth

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The author continues his probing and reviewing, at the most general level, ways to experience, live, and be real, as a human being. In this book, the focus is on the meditative way of Zen, including the origin of the Zen tradition in Eastern Philosophy. The Way of Zen and the Tao of Zen, including Zen Mind and Spirit, Zen Living & Being, Zen in English Literature & Oriental Classics, and Zen in America are explored in the perspective of a generalist.

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