



The Complete Book of Zen

Wong Kiew Kit

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Shaolin grandmaster Wong Kiew Kit explains the principles and practice of Zen with a clarity that can only come from true understanding.

In *The Complete Book of Zen*, Wong Kiew Kit traces the history and meaning of Zen, following its geographical path from early beginnings in India to China, and then to Japan and Vietnam. He shows how Zen lies at the heart of all great works of art and culture, and then relates its practice to daily life, setting out how Zen training and meditation may:

- Enhance internal strength, concentration, intuitive abilities and emotional balance.
- Allow inspiring glimpses of cosmic reality.
- Help reduce states of chronic and degenerative diseases.

The exercises offer not only a spiritual appreciation of the practice, but also an actual physical experience of Zen. Irrespective of your religious or personal beliefs, *The Complete Book of Zen* will encourage you to explore your spiritual potential, and bring simplicity, focus and vitality into your life.

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