



# The Flowing Bridge: Guidance on Beginning Zen Koans

*Elaine MacInnes*

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Koans--such as "What is the sound of one hand clapping?"--have penetrated deeply into popular consciousness. Yet, those who encounter koans in the traditional literature or in the context of exploring Zen practice themselves can often find them utterly baffling.

*The Flowing Bridge* is the first-ever book to address all of the first koans that Zen students encounter in practice--"What is Mu?" "What is the sound of the single hand?" and the so-called "miscellaneous" koans--that have historically been closely guarded by master and disciple as esoteric treasures.

Elaine MacInnes, a Catholic nun and a Zen teacher in the lineage of the renowned master Koun Yamada (author of Wisdom's *The Gateless Gate*), offers exceptionally valuable guidance to beginners on how to work with koans--and reveals an uncommon depth of insight and an easy technical mastery of Zen's most misunderstood and most powerful tools. This book is sure to become a classic, standing alongside *The Gateless Gate* and *The Blue Cliff Record* as a must-read for anyone seeking Zen's subtlest teachings and deepest power.

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