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## 内容简介

Only once in the history of human consciousness, says Osho, has a thing like Zen come into being. In *Zen: Its History and Teachings*, the noted mystic explains that Zen has no rituals, no chanting, no mantras, no \*ures — only short, evocative parables and teachings that make it ideal for the modern seeker. Using his characteristic humorous, encouraging style, Osho guides readers through the origins and development of this seminal spiritual tradition that is neither religion nor dogma nor creed. He provides a context for those who have not been born into the Zen tradition, introducing them to its timeless approach to existence. The book argues that the only preparation for fully experiencing Zen's power is meditative awareness, and Osho presents simple techniques to achieve this awareness. Stunning color photographs throughout offer further inspiration and illumination.

## 媒体评论

Praise for Osho: "[Osho's] position as an important mystic and philosopher is supported by an international following and host of publications. His work is that of all great religious leaders--bringing God to man...Osho's lively appeal: jokes, limericks, verse and tales, combined with traditional religious themes."

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