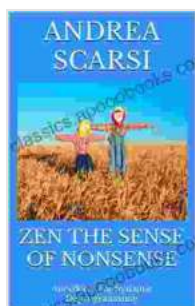


# Zen: The Sense of Nonsense

by Paul Reps and Nyogen Senzaki

Zen: The Sense of Nonsense is a book that explores the relationship between Zen Buddhism and nonsense. The book argues that nonsense can be a way to break through the limitations of our rational minds and experience the world in a more direct and intuitive way.



## Zen The Sense Of Nonsense: Anecdotes For Synaptic Deprogramming (Meditation Book 3) by Andrea Scarsi

★★★★☆ 4.6 out of 5

Language	: English
File size	: 2312 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 133 pages
Lending	: Enabled



The book is divided into two parts. The first part, "The Nonsense of Zen," explores the different ways in which Zen masters have used nonsense to teach their students. The second part, "The Sense of Nonsense," looks at the ways in which we can use nonsense to experience the world more directly and intuitively.

Reps and Senzaki argue that nonsense is not simply the opposite of sense. Rather, it is a different way of thinking that can complement and enrich our

rational minds. Nonsense can help us to see the world in a new way, to break free from our preconceptions, and to experience the world more directly and intuitively.

The book is full of examples of Zen masters using nonsense to teach their students. One of the most famous examples is the story of Master Zhaozhou, who was asked by a monk, "What is the Buddha?" Zhaozhou replied, "A dried shit-stick." The monk was shocked by this answer, but Zhaozhou's point was that the Buddha is not something that can be defined or understood by our rational minds. The Buddha is beyond words and concepts, and can only be experienced directly.

Reps and Senzaki also provide a number of exercises that can help us to experience the world more directly and intuitively. These exercises include things like meditation, mindfulness, and koan practice. The goal of these exercises is to help us to let go of our preconceptions and to experience the world as it is, without judgment or expectation.

Zen: The Sense of Nonsense is a challenging and thought-provoking book. It is a book that will challenge our assumptions about the world and about ourselves. But it is also a book that can help us to open our minds and to experience the world in a new way.

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## **Part 1: The Nonsense of Zen**

The first part of the book explores the different ways in which Zen masters have used nonsense to teach their students. These methods include:

- **Koans:** Koans are paradoxical riddles that are used to challenge our rational minds and to help us to see the world in a new way.
- **Mu:** Mu is a Japanese word that means "nothing." Zen masters often use mu to point to the emptiness and impermanence of all things.
- **Shock tactics:** Zen masters sometimes use shock tactics, such as shouting or hitting their students, to break through their preconceptions and to help them to see the world more directly.

These methods can be challenging and even frustrating, but they can also be very effective in helping us to break through the limitations of our rational minds and to experience the world in a more direct and intuitive way.

## **Part 2: The Sense of Nonsense**

The second part of the book looks at the ways in which we can use nonsense to experience the world more directly and intuitively. Reps and Senzaki argue that nonsense can help us to:

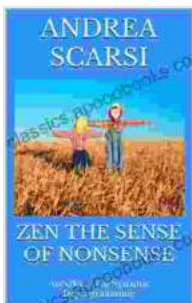
- **See the world in a new way:** Nonsense can help us to break free from our preconceptions and to see the world in a new way. When we let go of our expectations and assumptions, we can begin to see the world as it really is, without judgment or distortion.
- **Break free from our limitations:** Nonsense can help us to break free from the limitations of our rational minds. When we embrace nonsense, we open ourselves up to new possibilities and experiences.

We can begin to think outside the box and to see the world in a more creative and imaginative way.

- **Experience the world more directly and intuitively:** Nonsense can help us to experience the world more directly and intuitively. When we let go of our thoughts and concepts, we can begin to experience the world through our senses and our intuition. We can become more aware of the beauty and wonder of the world around us.

Reps and Senzaki also provide a number of exercises that can help us to experience the world more directly and intuitively. These exercises include:

- **Meditation:** Meditation can help us to calm our minds and to become more aware of our thoughts and feelings. When we meditate, we can begin to let go of our preconceptions and to experience the world more directly.
- **Mindfulness:** Mindfulness is the practice of paying attention to the present moment without judgment. When we are mindful, we can begin to see the world as it is, without distortion orフィルター.



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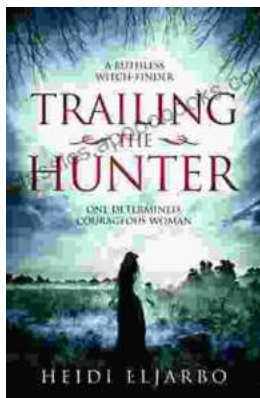
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