



The Truth of This Life: Zen Teachings on Loving the World as It Is

Katherine Thanas

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Zen loves a good story, especially one without a beginning or an end. Zen also likes stories that end before they begin. Zen likes commitment, wants you to work very diligently, with absolute focus, but not to try too hard. Zen wants you to be yourself so that you can be free of yourself.

Zen wants happiness for you.

A gifted teacher from the Bay Area's early Zen scene in the 1970s, Katherine Thanas founded the Monterey Bay Zen Center after studying under Suzuki Roshi at the San Francisco Zen Center. Uniquely, she was working towards her MFA in painting before deciding to devote her life to Zen. This small book collects several of her dharma talks from the monastery, lovingly edited and refined by two of her students, Natalie Goldberg and Bill Anelli. In her preface, Goldberg writes that it was clear to her that these teachings had to

meet the public. Why? Because they expressed something essential. I call it Old Zen, given straight from the hip—not well-being but the ground of being—before Buddhism had been decades in this country and adjusted to suit American society.

MATT SUTHERLAND (March/April 2018)

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