

Recommended Further Reading.

1. *Zen is Eternal Life*, 4th edition. Roshi P.T.N.H. Jiyu-Kennett. Mt. Shasta, California: Shasta Abbey Press, 1999. See Chapter 4, “The Necessity of Zazen or Meditation Practice.”
2. *Buddhist Writings on Meditation and Daily Practice: The Serene Reflection Meditation Tradition*, 2nd edition. Translated by Rev. Hubert Nearman, O.B.C., with Rev. Master P.T.N.H. Jiyu-Kennett, M.O.B.C., and Rev. Daizui MacPhillamy, M.O.B.C., as consultants and editors. Mt. Shasta, California: Shasta Abbey Press, 1998. See “Instructions on How to Do Pure Meditation” by Great Master Keizan Jokin.