



Nothing Holy about It: The Zen of Being Just Who You Are

Tim Burkett

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When Bodhidharma, the legendary first ancestor of Zen, was asked about the main principle of his holy teaching, he's said to have replied: "A vast emptiness—with nothing holy about it!" A millennium-and-a-half later, Tim Burkett finds that the answer still applies: you don't need to go looking for something holy—buddha nature is right here in front of you. The concise summary of Zen teaching he presents in this book is expressed precisely in terms of what he found right in front of him: beginning with the delightful non-holiness he experienced in the presence of his original teacher, Shunryu Suzuki, and continuing through a lifetime of further teaching experiences.

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