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Zen for Christians: A Beginner's Guide

Kim Boykin

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'Trustworthy and delightful guide Kim Boykin will demystify and deepen your understanding of both the traditions she practices. Animated and illuminative "Zen for Christians" beckons toward a practicing and practical faith at the intersection of two great traditions. A gem!' - James W. Fowler, author, "Stages of Faith". In "Zen for Christians", author Kim Boykin- who has personally experienced the gifts of Buddhism in her own Christian faith and has taught this subject in a variety of settings - offers Christians a way to incorporate Zen practices into their lives without compromising their beliefs and faith. "Zen for Christians" assumes curiosity but no knowledge as it walks readers through specific concepts of Zen philosophy - such as suffering, attachment, and enlightenment - and explains each in a simple, lively way. Sections between chapters gently guide readers through Zen mediation practices, explaining the basics in a clear, engaging way. One key chapter places Christian and Zen teachings side by side to help Christian readers not only understand Zen but appreciate what it has to offer them. "Zen for Christians" illustrates how Zen practice can be particularly useful for Christians who want to enrich their faith by incorporating contemplative practices.

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