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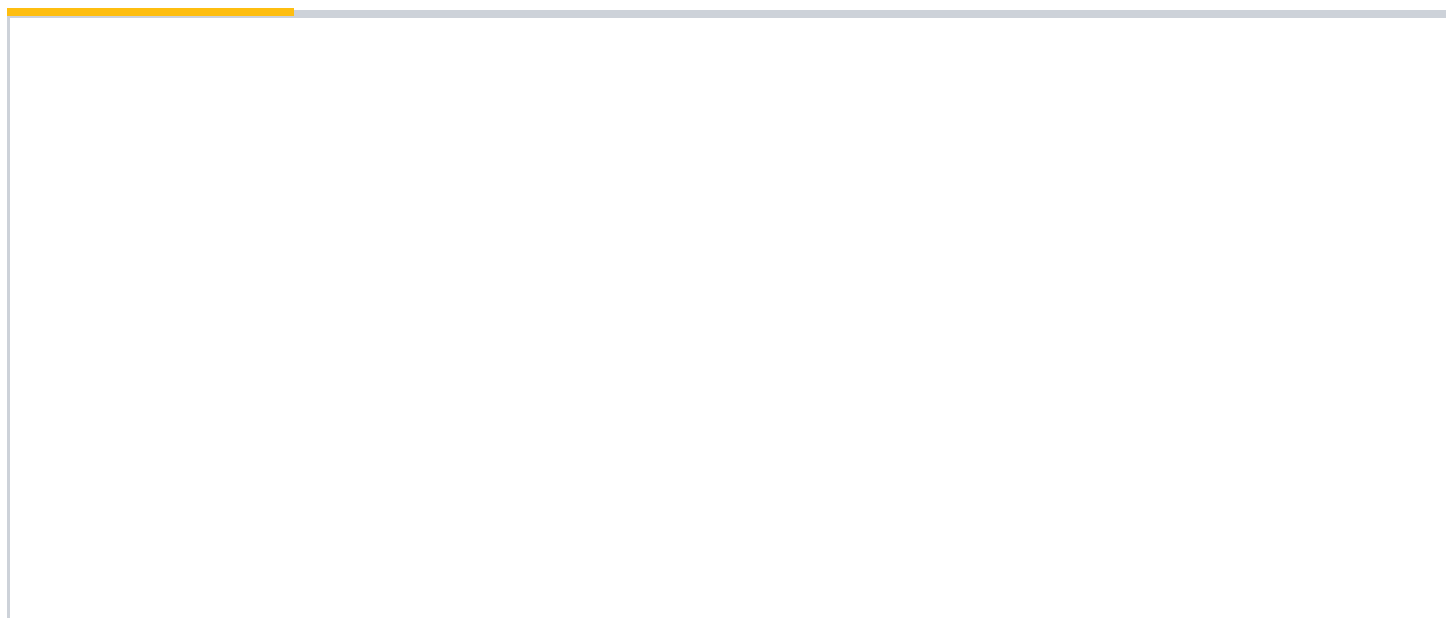
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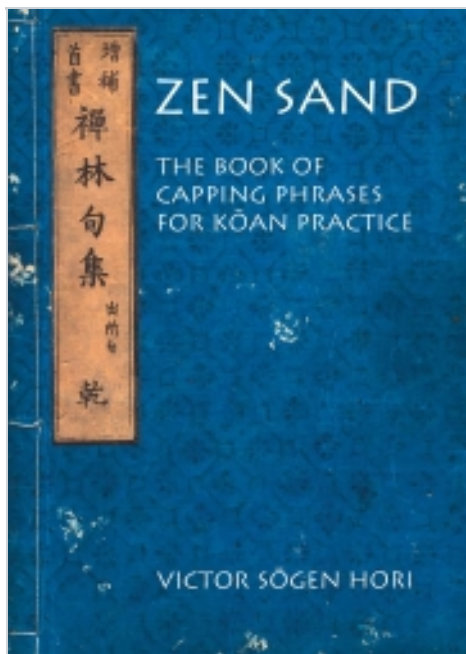


Zen Sand: The Book of Capping Phrases for Koan Practice



In this Book





Zen Sand: The Book of Capping Phrases for Koan Practice

by Victor Sogen Hori

2003

[Book](#)

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SUMMARY

Zen Sand is a classic collection of verses aimed at aiding practitioners of kōan meditation to negotiate the difficult relationship between insight and language. As such it represents a major contribution to both Western Zen practice and English-language Zen scholarship. In Japan the traditional Rinzai Zen kōan curriculum includes the use of jakugo, or "capping phrases." Once a monk has successfully replied to a kōan, the Zen master orders the search for a classical verse to express the monk's insight into the kōan. Special collections of these jakugo were compiled as handbooks to aid in that search. Until now, Zen students in the West, lacking this important resource, have been severely limited in carrying out this practice. Zen Sand combines and translates two standard jakugo handbooks and opens the way for incorporating this important tradition fully into Western Zen practice. For the scholar, Zen Sand provides a

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