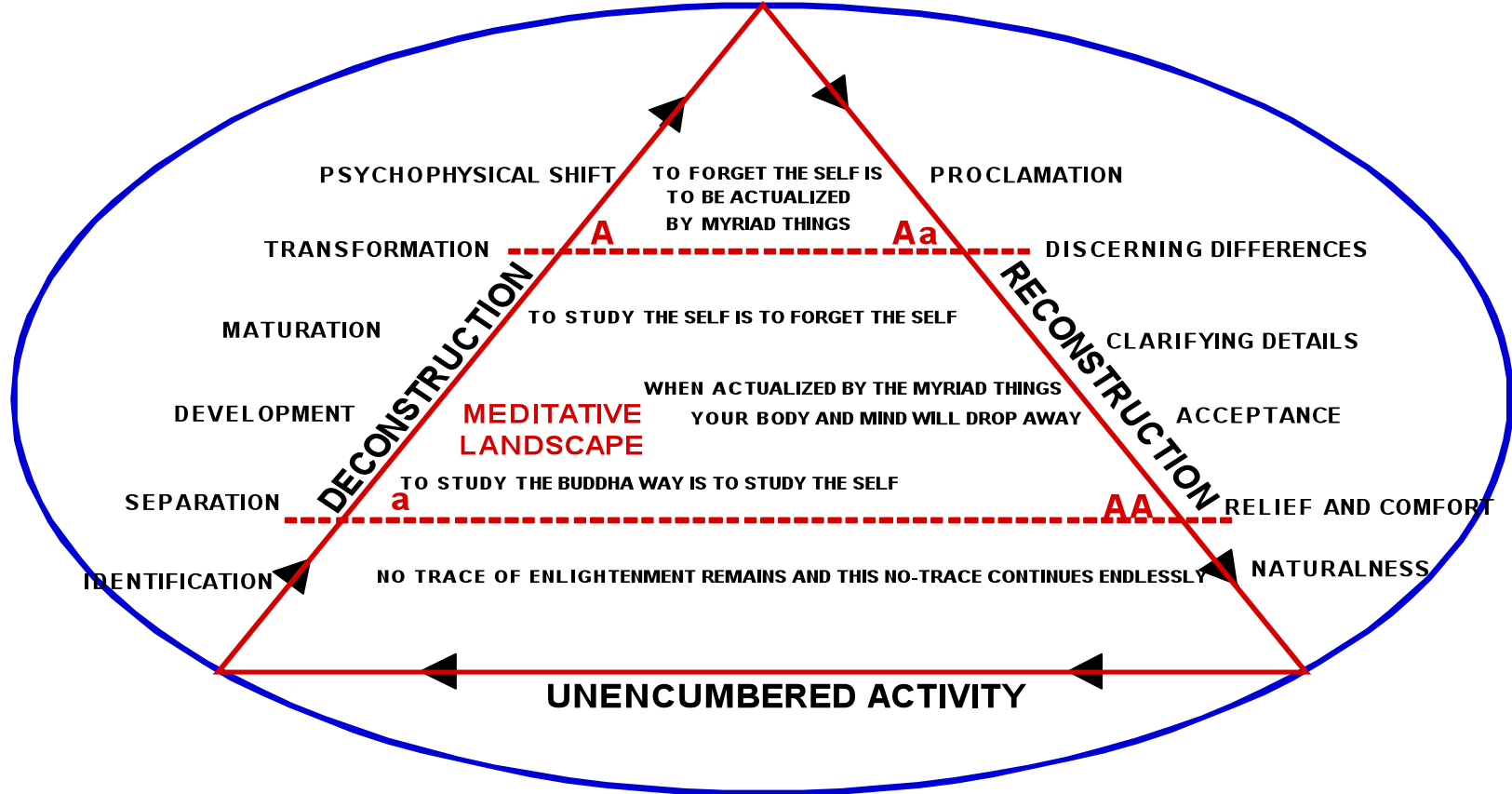


FIGURE 1

Genjo Koan



Zazen - Introspection

FIGURE 3

Natural Koan

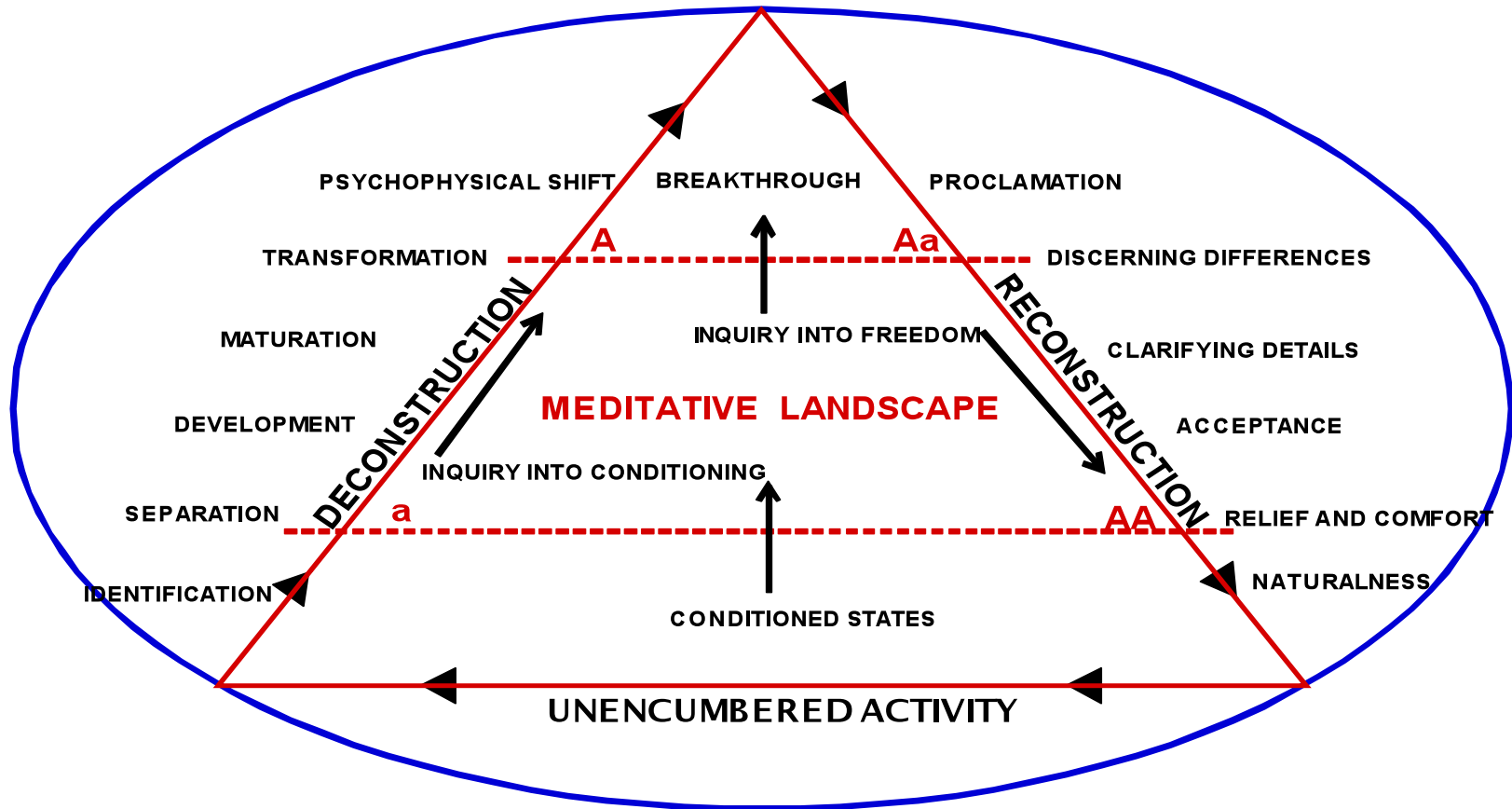


FIGURE 4

Zazen - Introspection

Shikantaza

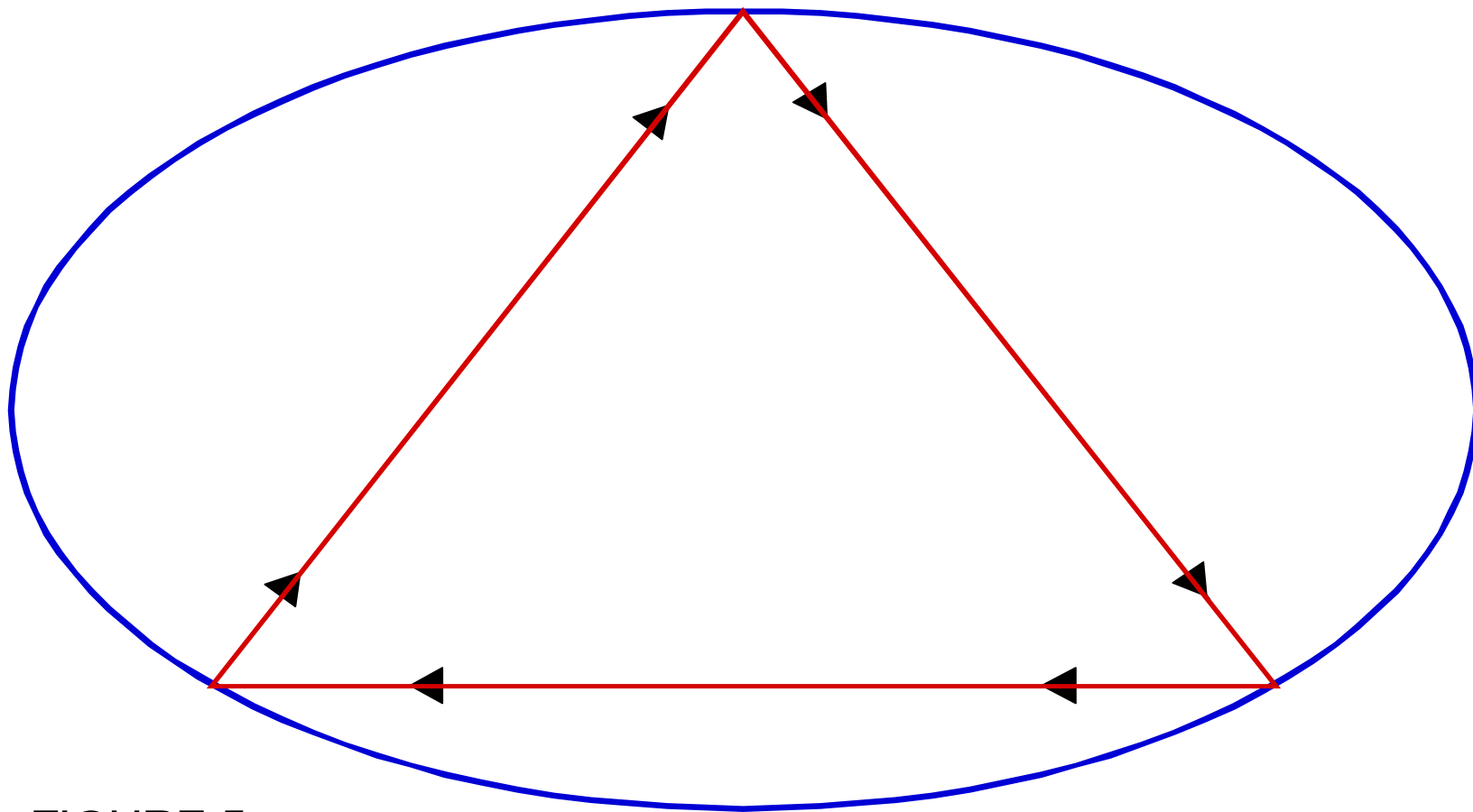


FIGURE 5

Metaphor Awareness

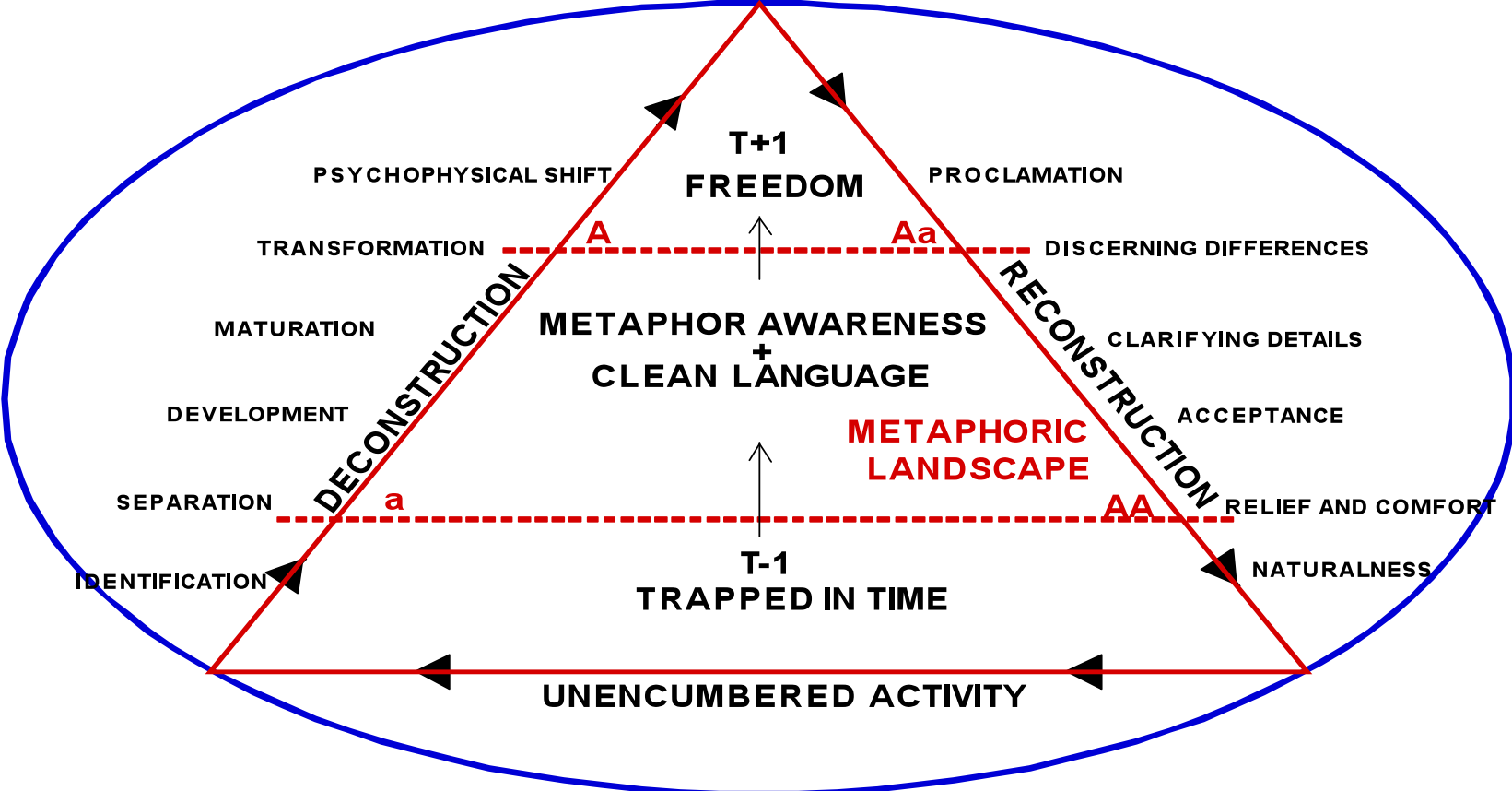


FIGURE 6

Zazen - Introspection