



# The Old Zen Master: Inspirations for Awakening

*Trevor Leggett*

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## **The Old Zen Master: Inspirations for Awakening** Trevor Leggett

Stories, parables, and examples have been a favoured way of conveying spiritual insights and truths since time immemorial, and Trevor Leggett was a master at it. He had the knack of pointing out the spiritual implications of practical events which everyone can relate to. This volume contains stories based on Buddhism and referring to martial arts, music, chess and incidents in ordinary life. He describes this as a freewheeling book: 'I am trying to give a few hints which have helped me and which can be of help to others,' he said. For those who know nothing of Buddhism or Zen in particular, this is an ideal introduction, but is nevertheless relevant to long-term practitioners. As the author points out, occasionally a new slant, a new angle or a new illustration - especially if it is an unexpected one - can be a help in absorbing practice, study and devotion. Trevor Leggett (1914-2000) lived for a considerable time in Japan. He was the first foreigner to obtain the Sixth Dan (senior teachers degree) in judo from Kodokan and has written several well-known books on the subject. He has also written extensively on Zen, including A First Zen Reader, The Warrior Koans, Zen and the Ways, Yoga and Zen, Fingers and Moons, and this final work The Old Zen Master.

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