



Walking the Way: 81 Zen Encounters with the Tao Te Ching

Robert Rosenbaum

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Walking the Way affirms that, like yin and yang, the flowing spontaneity of Tao and the precise simplicity of Zen find perfect balance with one another. Robert Meikyo Rosenbaum brings the two traditions together in a unique presentation that elicits Zen insights from his fresh interpretation of verses from the Taoist classic, the Tao Te Ching. Personal anecdotes illustrate the dynamic potential of Rosenbaum's approach, skillfully revealing Zen within the Tao and the Tao of Zen. Not only does the author reveal the elegance of each tradition, he shows how their interrelatedness does, in fact, have import on our meditative practices and on our day-to-day lives. Parenting, meditating, dealing with setbacks and illnesses--*Walking the Way* shows us how to live well in the midst of many complex demands, finding harmony and equilibrium between honing in and letting go, balance between being ourselves and selflessly serving others.

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