



# One Bird, One Stone: 108 Contemporary Zen Stories

By Sean Murphy

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Drawn from the archives of major Zen centers in America and interviews with some of the most seminal figures of American Zen, including Philip Kapleau, Bernie Glassman, Gary Snyder, and Walter Nowick, *One Bird, One Stone* presents the notable encounters between teachers and students, the moments of insight and wisdom, the quotable quotes, and the humor of Zen as it has flowered in America over the last one hundred-plus years.

Murphy, a Zen student and an accomplished writer, conducted numerous personal interviews and distilled over one hundred pithy stories. He covers Zen masters Suzuki, Maezumi, Seung Sahn, Robert Aitken, and Philip Kapleau along with earnest students Gary Snyder, Alan Watts, and Philip Whalen and others.

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### Editorial Review

#### Review

"When we hear of 'living zen', we think of Sean. Stories to inspire the mind and to find the true heart; the great emptiness is full of love." -**Stephen and Ondrea Levine**, author of *A Year to Live: How to Live This Year as If It Were Your Last*

"Sean Murphy's eloquent book is thought-provoking and lovely. This collection of 108 new teaching stories in the American Zen Buddhist tradition is a poetic account of the transplanting of Zen Buddhism to this new Western soil and some of the various ways it has taken root here in the lives of a wide spectrum of teachers and practitioners." -**Sharon Salzberg**, author and co-founder of The Insight Meditation Center

"Anyone looking for insightful quotes, humor, Zen wisdom, or even just a good story will find something in these bite-sized anecdotes..." --**Tricycle Magazine**, 2002

"This beautifully written book will open the Zen world to everyone." --**Natalie Goldberg**

"The book gives you a profound glimpse into the well of the Zen mind...." -**Santa Fe New Mexican**

"Intelligent, funny, wise and, best of all, speaks to the heart." --**Rafe Martin**, Zen Bow

"a genuine Zen classic." --**Brian Bruya**, Amazon Review

"Highly recommended." --**Peter Haskell**, *Zen Notes*

#### About the Author

Sean Murphy is the founder and director of The Sage Institute for the Environment, Creativity, and Consciousness. He has taught at Naropa and frequently with Natalie Goldberg. He teaches meditation, creative writing and literature for UNM-Taos, and also teaches for the Institute of American Indian Arts in Santa Fe. His website is [www.murphyzen.com](http://www.murphyzen.com).

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**Jennifer Knott:**

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