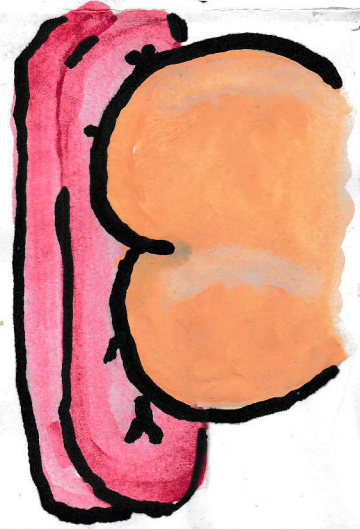


You've
Read the
Koans,
Now hold
on to your
Seats!

A PRIMER



ZEN FOR BUTTS

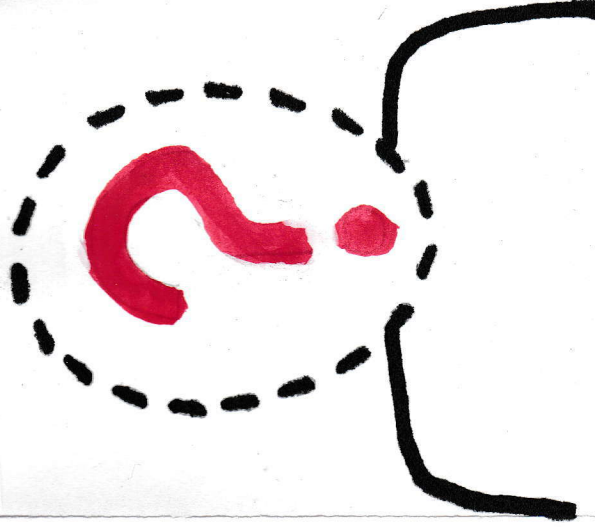
Grab a cushion
Find a nice place to sit.



Where
are you?
On your
Duff!
What to
do?

SIT
Experience
Sitting!
Where
are you?

BECOME
ONE



It's harder
than it
sounds.
Practice just
sitting, then
let go your
Earthly
tether.