



Nothing Holy about It: The Zen of Being Just Who You Are

By *Tim Burkett*

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According to legend, when the founder of Zen Buddhism was asked about the main principle of his holy teaching, he replied that there was "nothing holy about it!" Now, a millennium and a half later, Tim Burkett reveals how and why the wisdom of nonholiness is the key to a joyful heart. You don't need to go looking for something sacred—the happiness you seek is right where you are. In this book, a concise summary of Zen teachings unfolds within the ordinary comedies and tragedies of everyday life, beginning with the delightful nonholiness Burkett experienced in the presence of his original teacher, Shunryu Suzuki.

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Editorial Review

Review

"Amidst Tim Burkett's insights into Buddhism and life, there emerges a wonderful, intimate picture of Shunryu Suzuki. I learned a lot from this book."—David Chadwick, author of *Crooked Cucumber: The Life and Zen Teaching of Shunryu Suzuki*

"Fresh and personal and full of great stories culled from a life devoted to the cultivation of wisdom and compassion. A wonderful testament." —Red Pine, author of *Road to Heaven: Encounters with Chinese Hermits*

"I have long been aware of Tim Burkett's deep respect and appreciation for his teacher, Suzuki Roshi. Now I know why. Here's a touching account of how great an impact one life can have upon another." —Steve Hagen, author of *Buddhism Is Not What You Think: Finding Freedom Beyond Beliefs*

"Enjoy this wonderful, useful, profound yet modest book that expresses the true spirit of Zen. It and its warm-hearted author are blessings for the world, and I am honored and very pleased to introduce them to you."—from the foreword by Norman Fischer, author of *Training in Compassion*

About the Author

TIM BURKETT, PhD, is Guiding Teacher of the Minnesota Zen Meditation Center in Minneapolis, Minnesota. He is also a licensed psychologist and director of a large mental health agency. He was a student of Shunryu Suzuki Roshi and later of Dainin Katagiri Roshi, in whose lineage he is a dharma heir.

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