

ZEN SEX



The Way
of Making
Love

“At its best, sex takes us back to the beginning, transcending mere fulfillment of our animal desires to reveal our inherent divinity as Creators; it becomes a spiritual endeavor, as profound as any religious rite or ritual, each act symbolizing the origin of life.”

—from *Zen Sex*

In zen, every moment is a chance to lose ourselves in the substance of life, every encounter an opportunity for spiritual awakening. In this passionate and inspiring guide, Philip Toshio Sudo explains the zen of sex.

“Don’t try. Do,” say zen masters. Put technique aside. Stop fretting over sexual frequency. Love your body. Frolic. Tease. Make love. All it takes to be a good zen lover is a giving heart, and the awareness of the life force coursing through our bodies. *Zen Sex* will help you cultivate that love within the capacity for feeling ecstasy and giving joy that is nothing short of divine.

Anyone who desires more fulfilling sex can put the classic zen principles offered here

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into practice in their loves and lives. Zen parables, koans, and poems illuminate Sudo's message, meditations encourage pause and reflection, and exercises get you started on the Way of Making Love, zen style.

Great sex, zen sex, reminds us that we are ever alive and full of love. In making love, our bodies intertwined, we are at one with ourselves, each other, and with the very source of life. "Every night of passion becomes an opportunity to elevate the human spirit."



"Enjoy, then look past his erotic words. Enjoy, then look past his confident words to the spiritual awareness invoked. Sudo's finger points to the moon. Follow where he points and find the truth of zen sex."

—Deng Ming-Dao, author of *365 Tao* and *Everyday Tao*

PHILIP TOSHIO SUDO
is an award-winning journalist and the author of *Zen Guitar* and *Zen Computer*.

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*Using zen koans, parables, and meditations, Sudo shows us the way
to making love passionately—body, mind, heart, and spirit—
by looking within, feeling from the heart, embracing every moment,
being fully present, and celebrating
the joy of awakening.*



"In life, there are many paths to attaining true wisdom. Zen is one of them. Sex is another. This is where the two paths converge."
—from *Zen Sex*

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