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***Holy Moly Hiccoughs and Enigmatic Knotty Eructations  
from the Boffola Belly of Bu'Tai***

by Ken N.O. Sho

‘A humorous approach to serious Zen’

Full of humor and hidden truths about life’s incessant surprises, this book appears to be the first, albeit mayhaps, a yet awkward attempt at the creation of an authentically occidental approach to koan lore. Nevertheless, it does offer a rather non-rational approach to life, and does present a paradoxical perspective to an altogether sometimes, too apparent reality.

Buddhist Zen at core, is pure. Let it remain so. But in the Occident, let it be so in an inherently, meaningful, westward land way.

Intended for a general audience as well as Western Zen students, this book’s main aim is the deconstruction of the narrow, thought-impregnated corridors and engramatic corrugations of the mind... thereby enabling man to eventually demonstrate with a certain ease, his natural, universal Mind of Being.

Here are a few examples of koans found in this book:

**Another Son**

The Buddha bleeds to Life  
every time He gives birth  
to another Son.

**Pretty Paula**

Pretty Paula tripped prettily over a paltry, puny puddle.  
Dry as it was, she somehow got all wet,  
and her pretty boots sullenly wept.

### **The Moon Pales**

Suchness scintillates,  
the moon pales,  
the morning quails,  
and a solitary whale,  
hails a newborn baby's wail.

“May the Suchness of the Buddha and His Blessings be yours in true Zen and essential  
Dzogchen, and in all authentic approaches to Mastership.” -Ken N.O. Sho

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*Holy Moly Hiccoughs and Enigmatic Knotty Eructations from the Boffola Belly of Bu'Tai The  
Drôleries and Dictums of Crazy Modern Dzog-zen*

by Ken N.O. Sho

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