

## Old Zen Kōans in a new and contemporary Interpretation



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**Mumonkan**  
[Mumonkan]  
Finding yourself in the wisdom  
of old Zen Kōans

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**Doris Zölls** (Myô-en An) studied Protestant theology in Munich and worked simultaneously as a parish minister and school teacher. Following her training with Willigis Jäger (Kyo-un Roshi), she became a Zen teacher and was confirmed by Ryô-un Roshi of the Sanbô-Zen School, Tokyo. She has been responsible for the spiritual leadership of the Benediktushof alongside Willigis Jäger since 2003.

Kōans are questions from the Chinese Zen tradition on important life topics such as: Who am I? What am I afraid of? What is the meaning of my life?

The answers, intuitive and spontaneous, lead beyond the intellect into the depths of our personality. Constricting behavior patterns are dissolved. In this way it is possible to act in a newly gained freedom.