



Chan Heart, Chan Mind: A Meditation on Serenity and Growth

Guojun

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A great book for those familiar with Zen, newcomers curious about Chan, and anyone who appreciates beauty.

Enter the essence of Chinese Zen from the perspective of a young, dynamic, Western-educated teacher. Master Guojun offers an intimate, lyrical portrayal of life lived in the rich tradition of Chan, from his apprenticeship with a master Zen calligrapher to the lessons learned from building and running a major practice center. Through sparkling prose, Guojun lays out the essence of Chan and captures moving encounters with some of its greatest contemporary teachers, showing readers how to fold its insights into their own lives. Featuring the lyrical simplicity of Thich Nhat Hanh and the engaging storytelling of Ajahn Brahm, this book is further enhanced by the author's own elegant calligraphy.



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