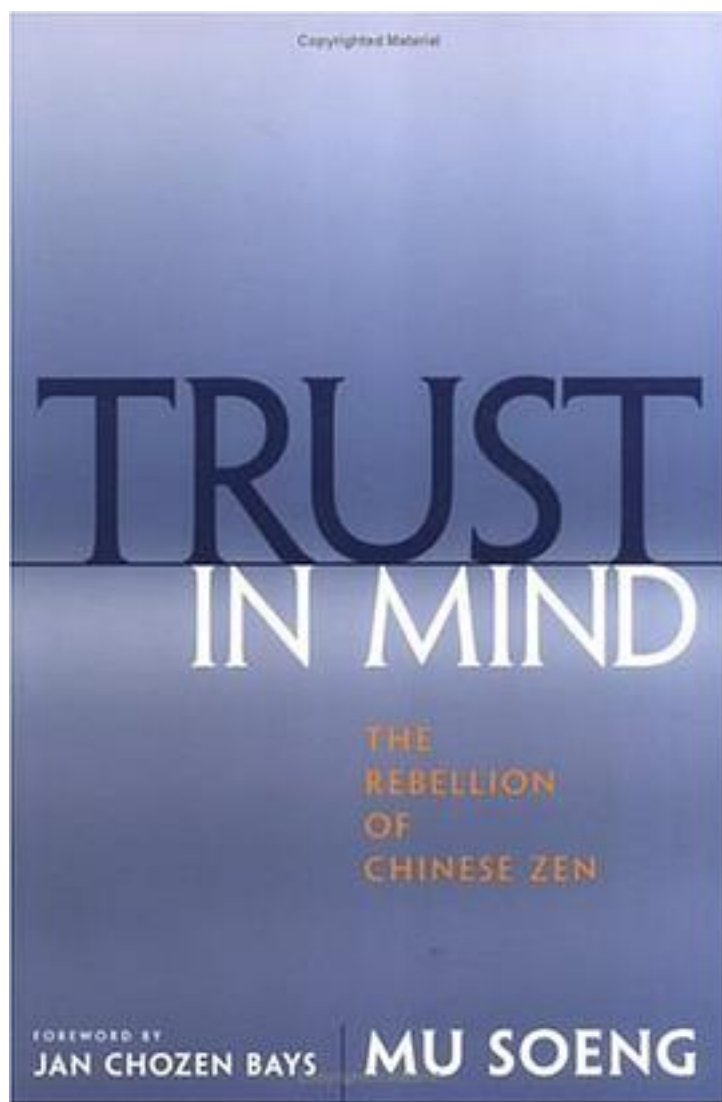


Trust in Mind



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Trust in Mind, the beloved poem that has again and again welcomed generations to the practice of Zen Buddhism, is often considered the first historical "Zen" document and remains an anchor of Zen Buddhist practice to this day. Here, scholar and commentator Mu Soeng explores the poem's importance and impact in three sections: The Dharma of Trust in Mind, The Tao of Trust in Mind, and The Chan of Trust in Mind. Finally, a brilliant line-by-line commentary brings the elements of this ancient work completely to life for the modern reader. Trust in Mind is the first book of its kind, looking at this very important Zen text from historical and cultural contexts, as well as from the practitioner's point of view.

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