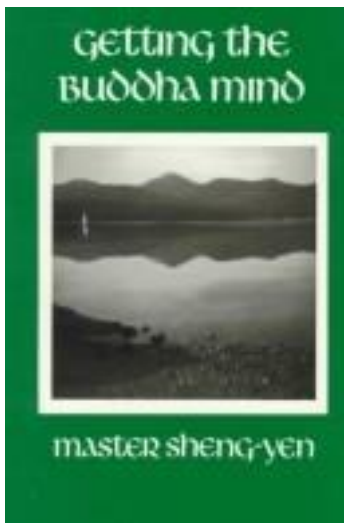


Getting the Buddha Mind



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Chan—or in Japanese, Zen—involves studying, practicing, acting, and being, but beyond words and ideas, the true Chan cannot be described, only learned. Under the guidance of authentic teachers like Chan Master Sheng Yen, many students in the West have learned how to follow the path. Collected from a series of talks given during Chan retreats, *Getting the Buddha Mind* presents the teachings of this esteemed spiritual guide and brings the intimacy of the retreat experience into the reader's living room.

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