



# The Compass of Zen (Shambhala Dragon Editions)

*Seung Sahn*

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## **The Compass of Zen (Shambhala Dragon Editions)** Seung Sahn

*The Compass of Zen* is a simple, exhaustive—and often hilarious—presentation of the essence of Zen by a modern Zen Master of considerable renown. In his many years of teaching throughout the world, the Korean-born Zen Master Seung Sahn has become known for his ability to cut to the heart of Buddhist teaching in a way that is strikingly clear, yet free of esoteric and academic language. In this book, based largely on his talks, he presents the basic teachings of Buddhism and Zen in a way that is wonderfully accessible for beginners—yet so rich with stories, insights, and personal experiences that long-time meditation students will also find it a source of inspiration and a resource for study.

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