



Honorable Master Miao Tsan

With insights drawn through the wisdom tradition of Zen and many other philosophical disciplines, **Honorable Master Miao Tsan** breaks through attachments and dogma to reveal the creative force that lies at the heart of each of us. **Master Miao Tsan**, the abbot of Vairocana Zen Monastery in Garden Grove, California, has conducted hundreds of meditation courses as well as several Zen-Seven and Zen-Three retreats in the United States, Mexico and Taiwan. He lectures extensively and has given meditation courses and interviews at universities and medical centers around the world. He has a large, devoted following in both Asia and the West.

Just Use This Mind: Following the Universal Truth to Oneness of Mind, Body and Spirit (Bright Sky Press, January 2011) shows readers from any religious or philosophical traditions a spiritual home that isn't about temples or traditions but is a place in our own pure mind where we become the master of our own thoughts. Critically acclaimed in Taiwan and mainland China, the book navigates a path that brings us back home to a place of deeper meaning and leads us to our true selves, where mind and matter are one. When you learn to follow this path with diligence and right understanding, you can break through old patterns in your life and become enlightened—at peace in your body, your mind and your spirit. *Just Use This Mind* reveals both the nature of the Truth and an effective path towards it—through Zen or through our own traditions. In a world where old institutions fail to provide centeredness, here is a new way of organizing our inner lives that can provide the non-dualistic wholeness that so many of us seek. Once you embark on the path he puts forth here, you have found the way to live the life of joy you were born to experience, no matter what your circumstances are.

For more information on **Honorable Master Miao Tsan** and *Just Use This Mind*, visit <http://justusethismind.com>. For information and speaking opportunities please contact Kathleen Sullivan at 713-533-9300 or ksullivan@brightskypress.com