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**Zen Master Miao Tsan to Lead Guided Meditations and Dharma Talks
on Pathways to Truth and Oneness**

Houston - Mar. 9, 2011. . . Venerable [Zen Master Miao Tsan](#), abbot of Vairocana Zen Monastery in Garden Grove, CA, international lecturer and author, will conduct guided meditations, Dharma talks and book signings of his newly released [Just Use This Mind: Follow the Universal Truth of Oneness of Mind, Body and Spirit](#) (Bright Sky Press, January 2011) March 22-27 in Houston. His three local programs, free and open to the public, will be held in the **Clear Lake, Uptown/River Oaks** and **Museum District** areas.

"I look forward to the Zen Master's return to Houston, having served as moderator of his '[East Meets West](#)' dialog last fall at the Boniuk Center for Religious Tolerance at Rice University," said [Dr. Bill Kerley](#), a Houston-based teacher, counselor, speaker and consultant on personal growth strategies. "His new book, *Just Use This Mind*,' will be a provocative read for anyone in the West because of its emphasis on total personal responsibility. "The Zen Master challenges our assumptions of cause and effect. The book is a real primer in understanding non-dualistic thinking, which is what is needed to save the planet," Kerley said. Zen Master Miao Tsan will be a guest lecturer at Kerley's Sunday, March 27 class* at Museum of Fine Arts, Houston.

Master Miao Tsan will share his insights into the philosophical and religious perspectives on the pathway to truth and oneness, as drawn through the wisdom tradition of Zen and many other philosophical disciplines. His meditations and Dharma talks will serve as points of departure for Q&A's afterwards. The Zen Master has given meditation courses at universities and medical centers around the world, as well as Zen-Seven and Zen-Three retreats in the United States, Mexico and Taiwan.

Zen Master Miao Tsan's Houston's public programs are scheduled as follows:

When: **Tuesday, March 22, 6:30 - 9:30 p.m.**
Where: [Yoga Rasa Studio](#), 17226 Mercury Drive in the Clear Lake Area
Program: Guided meditation & talk about Healing, Pain Control, Health

and Dharma, 6:30 – 8:30 p.m.

Just Use This Mind Q&A and book signing, 8:30 – 9:30 PM

\$25 suggested donation for the event

Info/RSVP: Stefanie, (281) 282-9400

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When: **Wednesday, March 23, 2011 7:30 - 9 p.m.**

Where: [CuraYoga Yoga Studio](#), 3641-C Westheimer Rd. at Timmons Lane

Program: Guided meditation and talk and book signing

Donation: Donation-based event; proceeds to go to Vairocana Zen Monastery, 13735 Yockey Street., Garden Grove, CA 92844

Info/RSVP: Jennifer (832) 428-0159

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When: **Thursday, March 24, 6:30 - 8:30 p.m**

Where: [Body, Mind & Soul Gift Shop](#), 4344 Westheimer at Mid Lane

Program: Zen Master Miao Tsan will meet with guests upon arrival

Lecture from 7 - 7:45 p.m. with Q & A and book signing after lecture

Info/RSVP: Denise (281) 734-2979

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When: **Friday, March 25, 7 - 8:30 p.m.**

Where: [Bellaire Yoga Center](#), 5221 Bellaire Boulevard in Bellaire (77401)

Program: Approx. one-hour presentation and Dharma talk covering healing, pain, stress and health, followed by Q&A a book signing; tea and light refreshments served

Donations: Donations are welcomed; proceeds to go to Vairocana Zen Monastery, 13735 Yockey Street., Garden Grove, CA 92844

Info/RSVP: Annette (713) 363- 1106

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When: **Sunday, March 27, 9:45 - 11 a.m.***

Where: **Museum of Fine Arts, Houston - Brown Auditorium**

1001 Bissonnet at Main

(Museum is closed to the public; use front entrance on Bissonnet)

Program: Zen Master Miao Tsan is a guest lecturer for [Dr. Bill Kerley's](#) Educational Sunday Morning "Ordinary Life" Class of St. Paul's Methodist Church to be held at the MFAH

Zen Master Miao Tsan will give a Dharma talk, 9:45 - 10:15 a.m.

Dialog with Dr. Bill Kerley and Zen Master, 10:15 - 11 a.m.

Info/RSVP: Dr. Bill Kerley (713) 663-7771

Just Use This Mind, critically acclaimed in Taiwan and mainland China, shows readers from any religious or philosophical traditions the importance of utilizing one's own mind to become the master of one's own thoughts. Master Miao Tsan shares the essence of the collected wisdom of Zen masters reaching back to the original Buddha. He believes once one embarks on the path Master Miao Tsan puts forth, that individual

will find the way to live the life of joy he or she was born to experience, no matter what their circumstances are. The Zen Master reveals both the nature of the life of joy people were born to experience and an effective path towards it -- through Zen *or through their own traditions*. Freed from cultural attachments, the essence of Zen training brings people back home to a place of deeper meaning and leads them to their true selves, where mind and body are one.

For further information, please call 713-533-9300. ###

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