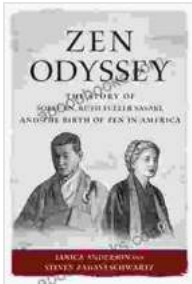


Zen in the Heart of America: The Story of Sokei An Ruth Fuller Sasaki and the Birth of Zen in the West



Zen Odyssey: The Story of Sokei-an, Ruth Fuller Sasaki, and the Birth of Zen in

by Steven Zahavi Schwartz

★★★★☆ 4.5 out of 5

Language	: English
File size	: 5921 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 377 pages



Sokei An Ruth Fuller Sasaki was a pioneer in the Zen Buddhist world. She was the first woman to be ordained as a Zen priest in the United States, and she played a pivotal role in the development of Zen in the West.

Sasaki was born in 1914 in Augusta, Georgia. Her father was a Methodist minister, and her mother was a devout Christian. Sasaki was raised in a strict religious environment, but she always felt a sense of wanderlust and a longing for something more.

In 1945, Sasaki met Zen master Shunryu Suzuki. Suzuki was one of the first Zen teachers to come to the United States, and he had a profound

impact on Sasaki. Sasaki began studying Zen with Suzuki, and she quickly became one of his most devoted students.

In 1955, Sasaki was ordained as a Zen priest. She was the first woman to be ordained in the United States, and her ordination was a major milestone in the history of Zen Buddhism in the West.

After her ordination, Sasaki began teaching Zen to Western students. She founded the Zen Center of Los Angeles in 1967, and she also taught at a number of other Zen centers and universities.

Sasaki was a gifted teacher, and she had a profound impact on her students. She was known for her clear and concise teachings, and she was able to make Zen Buddhism accessible to Western students.

Sasaki died in 2014 at the age of 99. She was one of the most important figures in the history of Zen Buddhism, and her legacy continues to inspire and guide Zen students around the world.

Sasaki's Teachings

Sasaki's teachings were based on the traditional Zen teachings of her teacher, Shunryu Suzuki. She emphasized the importance of meditation, mindfulness, and compassion.

Sasaki also taught that Zen Buddhism is not a religion, but a way of life. She encouraged her students to live their lives in the present moment and to be kind to themselves and others.

Sasaki's teachings were simple, but they were profound. She helped her students to see the beauty and wisdom of the Zen tradition, and she

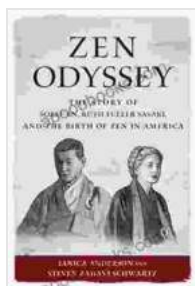
inspired them to live their lives with greater awareness and compassion.

Sasaki's Legacy

Sasaki's legacy is vast. She was a pioneer in the Zen Buddhist world, and she helped to bring Zen Buddhism to the West. She was also a gifted teacher, and she inspired her students to live their lives with greater awareness and compassion.

Sasaki's legacy continues to inspire Zen students around the world. She is remembered as a great teacher and a pioneer in the Zen Buddhist world.

The Story of Sokei An Ruth Fuller Sasaki and the Birth of Zen in the West is a fascinating and inspiring account of the life of one of the most important figures in the history of Zen Buddhism. Sasaki was a pioneer in the Zen Buddhist world, and she played a pivotal role in the development of Zen in the West. Her story is a testament to the power of the human spirit and the transformative power of Zen Buddhism.



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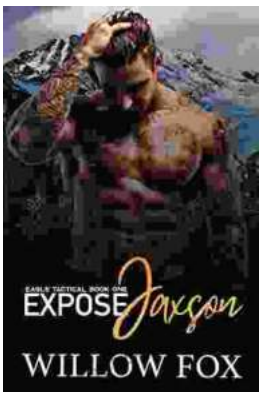
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