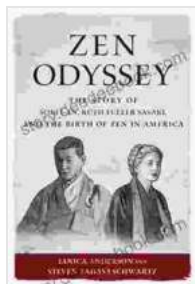


The Extraordinary Journey of Sokei An Ruth Fuller Sasaki: The Birth of Zen in the West



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



Prologue: A Life of Unconventional Choices

In the bustling metropolis of New York City, amidst the glamour and opulence of the early 20th century, Ruth Fuller Sasaki embarked upon an extraordinary odyssey that would forever alter the course of her life and leave an enduring legacy on the practice of Zen Buddhism in the West. Born into a prominent family, Ruth defied the expectations of society, choosing a path less traveled, one that would lead her to the heart of spiritual enlightenment.

Chapter 1: The Seeds of Transformation

From her formative years, Ruth exhibited an unquenchable thirst for knowledge and a deep-seated desire for meaning beyond the material world. She immersed herself in philosophy, literature, and the study of

comparative religion, seeking answers to life's enduring questions. It was during a visit to Japan in 1949 that a serendipitous encounter with legendary Zen master Kodo Sawaki would ignite a profound awakening within her.

Chapter 2: Embracing Zen and the Teachings of Dogen

Intrigued by the teachings of Sawaki, Ruth returned to the United States with a newfound sense of purpose and determination. She sought further instruction from Yasutani Hakuun Roshi, another renowned Zen master, who guided her along the path of Soto Zen, a school of Zen Buddhism known for its emphasis on silent meditation. Ruth's unwavering commitment and dedication to practice led her to receive the transmission of dharma, becoming the first American woman to be fully authorized as a lineage holder in the Soto Zen tradition.

Chapter 3: The Legacy of the Zen Center

Inspired by her own transformative experience, Ruth was driven to share the transformative power of Zen with others. In 1966, she founded the Zen Mountain Center in upstate New York, a sanctuary dedicated to the practice of Zen and interfaith dialogue. Through her leadership and compassionate teachings, the center became a beacon of spiritual growth and a training ground for generations of Zen students from around the world.

Chapter 4: A Force for Interfaith Understanding

Throughout her life, Ruth Fuller Sasaki was a tireless advocate for interfaith dialogue and peace. She actively engaged with leaders from various religious traditions, fostering mutual understanding and collaboration. Her efforts paved the way for a more harmonious and inclusive world, where

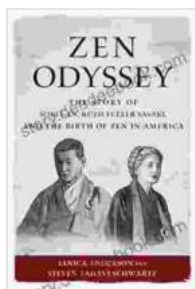
different spiritual paths could coexist in reverence for the common threads of compassion and wisdom.

Chapter 5: The Path to Enlightenment

At the heart of Ruth Fuller Sasaki's legacy lies her unwavering belief in the transformative power of Zen practice. She taught that through silent meditation, individuals can access their inner wisdom and experience the profound peace and liberation that comes with awakening to the true nature of reality. Her guidance and teachings continue to inspire countless seekers on their own paths to self-discovery and enlightenment.

Epilogue: A Lasting Impact

Sokei An Ruth Fuller Sasaki's life and work left an immeasurable impact on the development and dissemination of Zen Buddhism in the West. Her pioneering spirit, unwavering dedication, and compassionate teachings have touched the lives of countless individuals, creating a ripple effect of peace, understanding, and spiritual awakening that continues to spread throughout the world. As we reflect on her remarkable journey, we are eternally grateful for her invaluable contribution to the tapestry of human consciousness.



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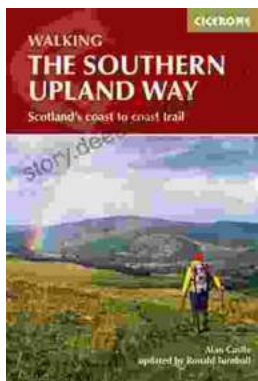
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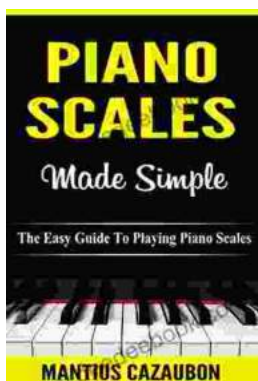
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