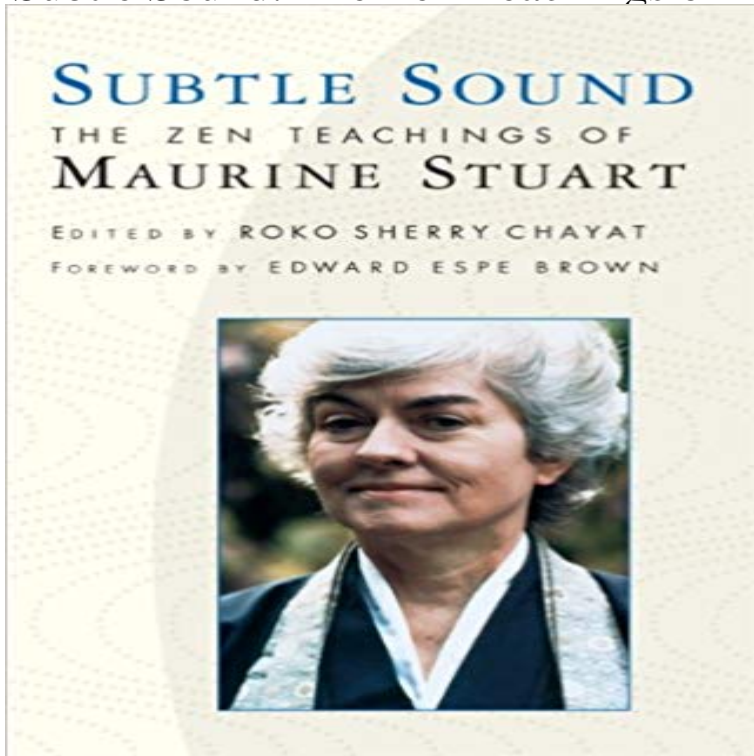


Subtle Sound: The Zen Teachings of Maurine Stuart



Maurine Stuart (1922-1990) was one of a select group of students on the leading edge of Buddhism in America: a woman who became a Zen master. In this book, she draws on down-to-earth Zen stories, her friendships with Japanese Zen teachers, and her experiences as a concert pianist to apply the inner meanings of Buddhism to practicing the basic ethics of daily living: nowness, unselfishness, compassion, and good will toward every living being. She emphasizes that inner growth comes through our own efforts and intuition, especially as we cultivate them through meditation practice. We can then take what we have learned in meditation and use it to respond to our daily lives in a straightforward and creative way, guided not by concepts or dogma, but by direct insight into the reality of the present moment.

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