



Guo Gu (Jimmy Yu, Ph.D) Guo Gu is one of Chan Master Sheng Yen's senior lay teachers and translators, assisting with and leading activities at the Chan Meditation Center, Dharma Drum Retreat Center, and Dharma Drum Mountain, Taiwan. In 1982, while still quite young, he learned meditation from Master Sheng Yen, and began practicing Chan intensively in 1989.

He was also the personal monastic attendant and assistant to Master Sheng Yen for almost nine years, and then in 1995, he was given permission by the Master to teach Chan. He has led retreats in various parts of the United States, Europe, and Asia. Guo Gu is now the guiding instructor for the Western Dharma Teachers at the Chan Meditation Center. He received his PhD in Buddhist Studies in 2008 from Princeton University, and is now an Assistant Professor at Florida State University. Currently, he is the leader of the Tallahassee Chan Group which meets regularly at the Tallahassee Buddhist Community in Florida.