

# Lecture: Essentials of Chan Practice

By: Dr. Jimmy Yu (Guo Gu)  
Florida State University, Religion Department

**May 13, 2011 (Friday)**

**7:00 pm – 9:00 pm**

Venues: Pure Mind Center  
7825 Olive St., U. City, MO 63130



Chan is the school of Chinese Buddhism popularly known as "Zen" in Japanese. It is also a term that refers to a way of living or experiencing the world. But ultimately, Chan means direct awakening to Buddhist wisdom and compassion. Guo Gu will introduce the foundation, the methods, and the fruit of Chan or Zen practice. His talk will include both the history and experience of Chan as a living tradition.

*Dr. Jimmy Yu, (Guo Gu) is one of 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. 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 doctorate in Buddhist Studies in 2008 from Princeton University, and is now an Assistant Professor at Florida State University.*



Dharma Drum Mountain  
Buddhist Association