In Living Truth, Venerable Master Miao Tsan explains why we have problems and teaches us how to resolve them. Before we can begin to think of bettering any aspect of life, we must accept reality as it is, not as we have chosen to define it. Distilling the wisdom presented in his four previous books and his popular dharma talks, Master Miao Tsan shows what we must do to achieve the shift in perspective that will radically improve our lives. Venerable Master Miao Tsan is the author of Just Use this Mind, The Origin is Pure, Intrinsic Awakened Nature, and Directly Actualize Buddhahood, all originally published in traditional Chinese. The founder and abbot of Vairocana Zen Monastery in Garden Grove, California, he possesses profound insight into the essence of Zen and has dedicated himself to its propagation and practice. He conducts meditation courses, Zen-Seven and Zen-Three retreats and teaches at universities, medical centers and television/radio stations in China, Taiwan, Mexico and the United States. His goal is to open a universal path of wisdom and light by leading people from every tradition toward an understanding of the Truth that transcends time, race and religion and is without exception.

Deacon Robert Hesse, Ph.D. is Co-founder and President of Contemplative Network (www.contemplative.net), Vice Chairman of the Board of Directors of The Institute for Spirituality and Health (www.ish-tmc.org), and Adjunct Professor at UST. He co-teaches a graduate course on Faith & Science for the M.A. in Faith and Culture covering physics-metaphysics, chemistry-life, biology-consciousness, and psychology-mysticism. He was at Gethsemani Trappist monastery, at the time home to Trappist monk Thomas Merton. He was appointed by Trappist monk Thomas Keating Emissary to the M&L Institute for research on contemplatives, in response to an invitation by The Dalai Lama to Keating. He has taught Christian centering and contemplative prayer to interfaith and interdenominational congregations including Jewish, Baptist, Orthodox, Quaker, Catholic, Methodist, Presbyterian, Episcopal, et.al. He is also Visiting Instructor, Rice University and Pontifical University Regina Apostolorum in Rome. He has served on the Deacon Spiritual and Community Life Committees of the Archdiocese. He has been retreat team member, Holy Name Retreat Center and Speaker at Rothko Chapel, M.D. Anderson Cancer Center; St. Luke’s Hospital, and Bowen Center.