



Zen Contemplation for Christians

Elaine MacInnes

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How and why did a Catholic nun become an accomplished Zen Master? Sister Elaine MacInnes shares her fascinating story and invites us into the compelling and slightly exotic world of Buddhist spiritual practice. As she details her lifelong journey of learning about Zen meditative practices, Sister MacInnes explains how they continue to enrich and inform her experience of Christianity. Replete with the wisdom of deep and contemplative insight and imbued with the profound knowledge of a seasoned spiritual teacher and guide, this spiritual autobiography is also a practical guidebook for those who, like her, want to discover how Zen can be a complementary and rewarding part of the Christian Life.

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