



# Footprints in the Snow: The Autobiography of a Chinese Buddhist Monk

*Master Chan Sheng Yen*

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**Footprints in the Snow: The Autobiography of a Chinese Buddhist Monk** Master Chan Sheng Yen

In this landmark memoir, a renowned Buddhist master traces his spiritual journey against the panoramic story of China from the pre-Communist era to the present.

Master Sheng Yen has devoted much of his life to spreading the teachings of Chinese Buddhism—a practice that antedates the more familiar Japanese and Tibetan traditions—throughout the world. He became known in the United States after he began founding meditation centers here in 1980. Now in his late seventies, he tells the remarkable story of his life and spiritual education in *Footprints in the Snow*. From descriptions of the private world of Buddhist masters to first-hand accounts of Chinese history, it is a rare document that is both an important look at China's past and a compelling spiritual journey across a lifetime.

Sheng Yen's story is of a life lived in the last years of the Republic of China, the Sino-Japanese War, and the founding of the People's Republic of China. An eye-opening slice of modern history as well as an authoritative introduction to an ancient religious tradition, *Footprints in the Snow* will appeal to spiritual seekers, travelers who want to understand more about China, or anyone looking for a fascinating story.

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