



Journeys Into Emptiness: Dogen, Merton, Jung and the Quest for Transformation (Jung & Spirituality)

Robert Jingen Gunn

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Includes some of today's best writing on Merton Here are the life journeys of three great seekers who, though separated by time and culture, had much in common. Dogen was the 13th century Japanese founder of a School of Zen Buddhism and a teacher of zazen, wordless meditation. Jung was a 19th century Swiss psychologist who broke with psychoanalysis and saw the mind as having both male and female elements. Merton was a 20th century American Trappist who through traditional Christianity eventually embraced a wider spirituality. Each of the three engaged in a search for personal transcendence, a search that was triggered by a private experience of emptiness. Requiring no previous knowledge of its subjects, this book--looks at the tradition in which each man worked, the key events of his life, his particular experience of emptiness, and how he used the experience to be transformed --shows how to bring the wisdom of all three into our lives today --helps bring meaning and understanding to one of the most difficult problems of the psychospiritual journey

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