



Thunderous Silence: A Formula for Ending Suffering: A Practical Guide to the Heart Sutra

Dosung Yoo

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Thunderous Silence throws light on the Heart Sutra--a pithy encapsulation of the essence of Perfection of Wisdom literature--using stop-by-step analysis and an easy, conversational voice. Dosung Yoo examines the sutra phrase by phrase, using rich explanations and metaphors drawn from Korean folklore, quantum physics, Charles Dickens, and everything in between to clarify subtle concepts for the reader. This book invites us to examine the fundamentals of Buddhism--the Four Noble Truths, emptiness, enlightenment--through the prism of the Heart Sutra. Both those new to Buddhism and longtime practitioners looking to revisit a core text from a fresh perspective will find this work appealing.

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