



One Hundred Days of Solitude: Losing Myself and Finding Grace on a Zen Retreat

Jane Dobisz

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In *One Hundred Days of Solitude: Losing My Self and Finding Grace on a Zen Retreat*, American teacher of Korean Zen Jane Dobisz (Zen Master Bon Yeon), recalls her first solitary meditation stint in the woods. Luckily, this is not just a recounting of a winter's worth of cabin fever. Instead, Dobisz takes us into her cabin, and into her mind, as she tries--at least temporarily--to live a Walden-like existence.

All the bowing and meditating and wood-chopping that is part and parcel of her retreat is hardly first nature, but the good-humored and tenacious Dobisz is able to adapt, and to relate her hundred days with moving insight and humanity. Her *Solitude* in fact offers us all a chance to commune with her and to look inside and rediscover our own grace.

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