



Zen Meditation

Reality and Practice

Six Introductory Lessons

Zen: Lesson 1

Not a 'thing', but an approach

Daily, moment to moment practice
Awareness – beyond the monkey mind
Natural Breathing
Centering
Open – without preconceptions or expectations
Empty – without conceptions
Free—spontaneous, easy
Practical—“chop wood; carry water”
Creative – artful, uncontrived

Zazen Instruction
Zazen (8 minutes)

Zen: Lesson 2

“Why did Bodhidharma go to the East?”

Review of Lesson 1
The origins of Zen:
 Pre-Buddha through Bodhidharma: A Thousand Years in Ten Minutes
Bodhidharma’s description for all Zen students:
 A special transmission outside the scriptures; (教外別傳) - Person to person
 No dependence upon words and letters; (不立文字) - Ineffable
 Direct pointing to the human heart/mind; (直指人心) - Efficient
 Seeing into one's own nature and attaining buddha. (見性成佛) - Attainable
The Third Zen Ancestor: Seng-ts’an and the Hsin-hsin Ming
 The Great Way (Tao) is not difficult; 至道無難 - No special skill required
 Just cease holding tightly to your opinions. 唯嫌揀擇 - Relax

Zazen Instruction
Zazen (10 minutes)



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Zen: Lesson 3

enlightenment, Enlightenment and ENLIGHTENMENT

Review of Lessons 1 and 2

The Growth of Zen: Hui-k'o to Hui-neng - Two Hundred Years in Ten Minutes

What is enlightenment?

Sudden or Gradual?

Zen Art: Ink Painting and Calligraphy

Zazen Instruction

Zazen (12 minutes)

Zen: Lesson 4

The Big Divide

Review of Lessons 1 - 3

The Flowering of Zen: Ma-tsu to Dogen: Six Hundred Years in Fifteen Minutes

Different types of students; different types of Zen

Soto and Rinzai

The Sound of One Hand Clapping - (koan study)

Zen Poetry: Haiku

Zazen Instruction

Zazen (12 minutes)





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Zen: Lesson 5

Technical Terms and Expectations

Review of Lessons 1 – 4

The Re-creation of Zen: Hakuin to Yasutani – Two Hundred Years in Fifteen Minutes

Kensho; makyo; satori; samadhi; kyusaku

Roshi; master; inka; teacher

Sanzen; dokusan; teisho

Zen Life: The Three Jewels

Zazen Instruction

Zazen (15 minutes)

Zen: Lesson 6

Ritual and Routine

Review of Lessons 1 - 5

Zen in Oregon: Surprising Connections – One Hundred Years in Twenty Minutes

The Zendo

Bells, bows and stillness

Chanting (listening to recordings)

The Tao of Zen: Flowers, Swords and Tea

Zazen Instruction

Zazen (15 minutes)



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Wake up.
Do well.

