1 What Is Zen?

①You may have an impression that Zen is a way to achieve a deep silence of the mind. ②In other words, you might think Zen preaches a way to escape from your daily life. ③Zen is not so much a way to feel at peace but a way to reach the "mind of Buddha". ④The "mind of Buddha" or "enlightenment" is something which everybody has, that exists deep within one's mind. ⑤The aim of Zen practice is to find this Buddhist nature within one's self, through zazen and practice of Buddha's teachings.

⑥The more you know the Buddhist nature, the more you recognize, all that you thought was important, is in reality, trivial. ⑦As your viewpoint or mindset changes, then your way of living changes. ⑧Whenever someone asks me what Zen is, I reply as follows: