

Zazen is one form of traditional Buddhist practice.

Sitting in correct posture, aware of the breath, stabilizes the mind.

In our modern society where there is so much stress in our busy lives, and where an overload of information and environmental factors seem to push us around, it often seems that we do not know how to rest our minds.

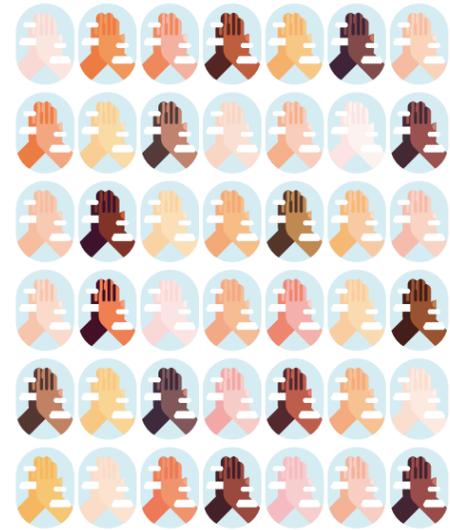
In this regard, zazen can help change the direction of our minds, which is often directed outwards.

Zazen can allow us to turn the mind inward, so that tension is relieved, and we can regain the flexibility and grace that we are all originally endowed with.

It is possible through zazen to realize the self that is living right here, right now.

There are many people around the world these days who are familiar with zazen and who regularly practice zazen.

Now, it is time to sit.



I WASH.

#washforwish

Let's wash our hands.
To keep ourselves healthy.
Let's wash our hands.
To keep our family healthy.
Let's wash our hands.
To prevent viruses
from spreading around the world.
Let's wish.
Good health for our neighbors.
Good health for our friends far away.
Let's wish.
For medical workers
and people working for our daily needs.
Let's wish.
For the world to become as safe as it used to be
as soon as possible.
Let's wash our hands and save the world.

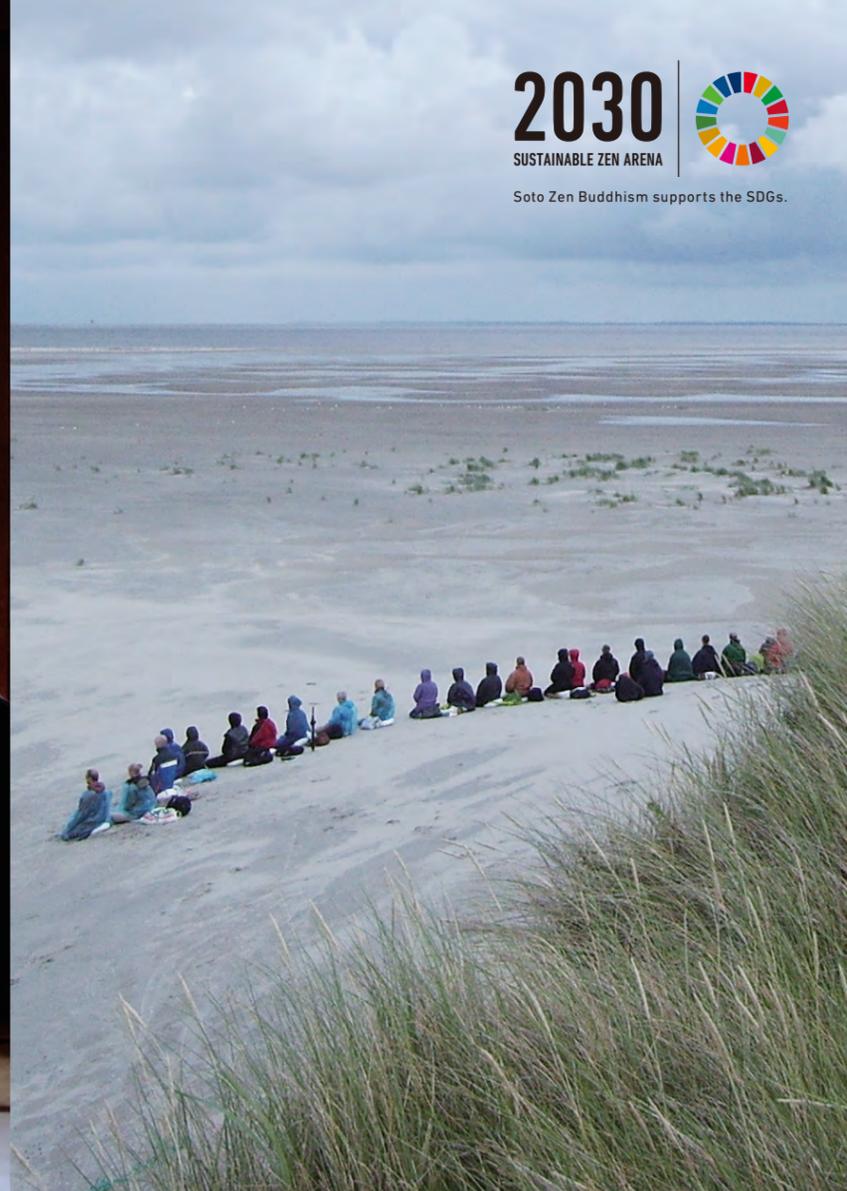
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Zazen under

New Normal

 SOTO ZEN



Wearing a face mask

It is not that there is no great awakening with the mouth covered.

Shōbogenzō, Great Awakening (Draft Text)

To cover the mouth is to engage in the practice of a Buddha.

Washing your hands

We should wash our hands. . . Wash thoroughly, even up to the wrists. One should devote oneself to this with sincerity and wash assiduously.

Shōbogenzō, Washing and Purifying

When washing your hands, do so carefully and with a sincere mind.

Watch the distance

We may pay obeisance from a distance, separated by fences and walls, or separated by mountains and rivers.

Shōbogenzō, Dhāraṇī

When you greet other people, a courteous feeling is conveyed even if you are not close to them.

Keep safe, practice zazen