Title: Conversations
Subtitle: Za-Zen
Second Subtitle: Re: Za-Zen
Author: qOLOp
Date: 1138210660
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Oh My Zan,

A long post...

We have had the delightful opportunity to discuss this in private and I kn
outward in our talks with others, so I am keeping that promise today.

Yes, I am a practitioner of zazan and have been for more than 15 years.
reminded of this humbly when I visit with the monks who visit our area ea
it so well. Yet I do not give up. I learn by their example and continue on

When I was teaching Martial Arts and had 12 hours a day to devote to su
live in this state.

Yet as the world called me to outside resposnsiblities, raising 10 childre
my spiritual practices and meditation priorities outside of my spiritual pr
to report. I am down to a mere hour a day at this time. This seems to me
though every moment is an opportunity to enter the correct state and I ch
I can, knowing one day I can choose differently once again.

Here is my story...I began the practice sitting for long periods of time.

My mind was undisciplined and wandering thoughts seemed to rule my pra
began to happen. I did not give up or give in.

I showed great tenacity every day of the week. Many others shook their h
me or my dedication to such a practice.

I took the sitting to Tai Chi walking and would walk around and around th
hours. To test my focus and alertness my Master Teacher carried a bamb
just out of the blue come up and attempt to strike practicing students wit
my eyes had closed or I was daydreaming. I do not remember. Never agai
turns out. I hated to be struck!Yes, it does leave a mark both outwardly a
well! It was a lesson not to be easily forgotten.

From the training floor my Master sent me to the woods, which I adored.
began practicing by daylight and later by moonlight. Later as a teacher m
this way. As my practice continued, my senses awakened to even deeper
One day it was just the way. The natural way. It has remained with me, a
ever since.

Please consider meditation in your daily lives...
It makes such a difference.

Love and Gratitude,
suzyq