

## ZAZEN

Zen seated contemplation is called zazen, which means seated zen. This involves letting go by letting be, something best started by simply sitting in a stable upright posture while maintaining awareness of the breath.

Eventually this simple practice, guided by a qualified teacher, can open a more creative, connected way of being. This brings us peace, which benefits the people around us.

**...if you can stop your heart from its ceaseless running after wisps of the will, you will not be different from the Buddha...**

**Rinzai (Master Lin-Chi)**

# ZEN BUDDHIST CONTEMPLATION IN PRINCE GEORGE



**Our contemplative practice takes place in silence and includes bowing, seated contemplation, walking, chanting, and use of incense.**

**We welcome new participants.**