

MYTHS AND REALITIES

Myth: Zen is cool

Reality: There is a cooling (usually after years of regular intensive practice) when you learn to sit calmly with fiery thoughts and emotions

Myth: You can do Zen alone

Reality: A teacher is necessary. Buddha had teachers!

Myth: Zen gardens, Zen lotion, relaxation, it's all Zen.

Reality: Zen is essentially a Buddhist monastic spiritual practice available to lay people who are willing to be self disciplined and make a steady effort. Relaxation is an effect of this practice and relaxed effort is a good approach to it.

Myth: You have to give up your current beliefs to practice Zen.

Reality: Buddhism does not deny, forbid or require other religion. There are many Christian-Buddhists as well as many people who only practice Buddhism. Internal questioning happens during contemplation.

Contacts

If you would like to practice with us please contact Larry or John for locations and times, and to arrange introductory instruction.

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RINZAI ZEN IN PRINCE GEORGE

We are a small group of Rinzai Zen practitioners studying with Eshin Godfrey, the Abbot of the Zen Centre of Vancouver.

Eshin studied Rinzai Zen with Joshu Roshi at Mount Baldy Zen Center in Southern California. He ordained as a monk while he was there, and has been an Osho (Zen teacher) for more than 20 years.

For intensive practice we visit Vancouver and travel to Galiano Island for week long retreats (sesshin) with Vancouver Zen centre practitioners.

It is also possible to travel to the head temple Rinzai-ji in Los Angeles or to the training centre at Mount Baldy. You will need a letter from Eshin to establish that you are a Zen student before you practice at Mount Baldy.

You can find out about the Zen Centre of Vancouver and contact Eshin at <http://www.zen.ca>

We welcome new participants to practice with us in Prince George.