

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.