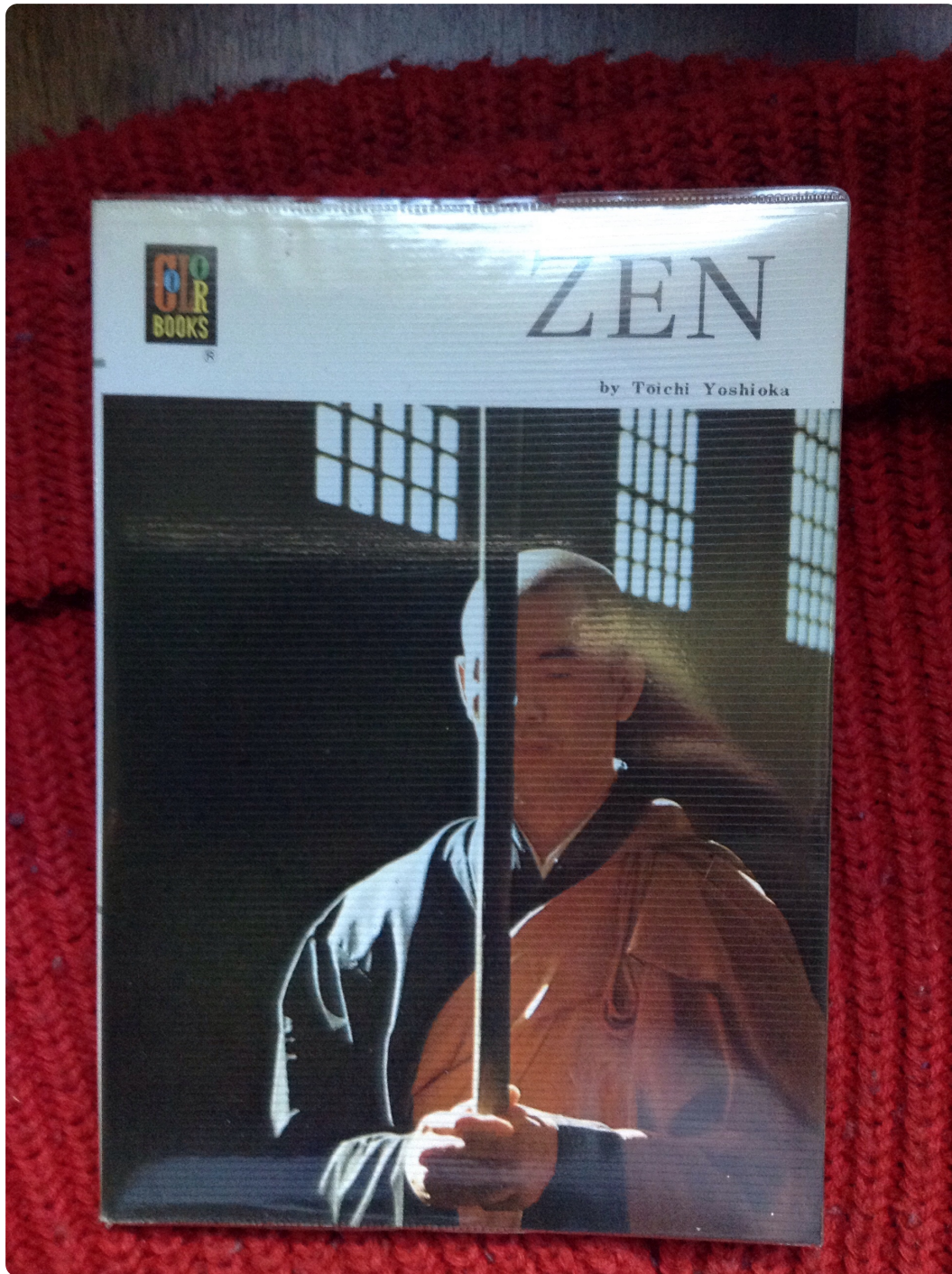
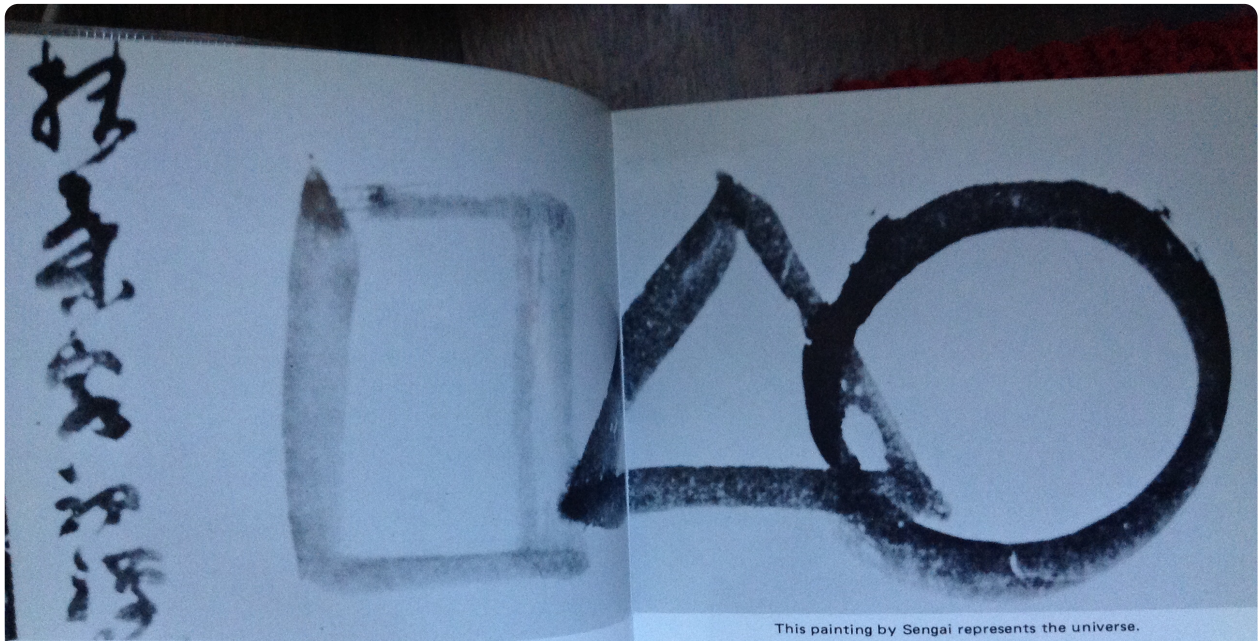


20170523 Zen Booklet
Viktor Nonong Medrano



This booklet inspired me for many years about Zen.



This painting by Sengai represents the universe.

What is Zen?

What is Zen? Many people would say that it is a religion; others might say that it is a philosophy.

If you feel something that attracts you to Zen, this book can serve as a guide to lead you up to the gate to Zen; from there on you must proceed by yourself. This is because Zen is not something that can be explained in words but is a practice which is carried out for one's own self-development and leads to a state of liberation called *satori*.

The practice of Zen begins with the aspiration to realize the

Way of Enlightenment. The fundamental objective of Zen is "to first seek enlightenment and then liberate others." In other words, it is the earnest vow to fully devote oneself to the Zen life of realizing enlightenment in order to save all sentient beings (human beings and all living things) as well as oneself. Zen is not at all a difficult matter.

Calm expressions on the faces of the participants of a ▶
Zen group

