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Daily Zen Meditation



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Teachings The Zen Community of Oregon is rooted in our Soto and Rinzai Zen heritage with influences from teachings and practice in various traditions of Buddhism. Our teachers have also practiced and are informed by various contemporary modalities including Byron Katie's The Work and Voice Dialogue.

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"Zen Wisdom" is a small book consisting of quotations from various Buddhists, such as "The secret is within yourself." It troubled me that Freke seemed so eager to discover every problem with Christianity, but is oblivious to Buddhism's problems.

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This culminates in Zen Buddhism, a tradition famous for using short stories generously to help Buddhist students develop a deeper understanding of reality. In this post, I've collected some of my favorite short Zen stories, translated in English by Paul Reps and Nyogen Senzaki.

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The Buddha taught that to realize enlightenment, a person must develop two qualities: wisdom and compassion. So if a fulfilling life is what you are after, or if you want to add some unexpected joy to your life, work in service of others. And what better way to live with integrity than to put someone else's needs before your own?

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