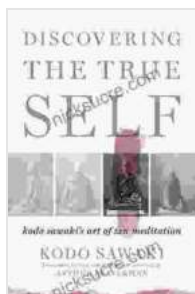


Kodo Sawaki: Master of Zen Meditation



Discovering the True Self: Kodo Sawaki's Art of Zen

Meditation by Koudou Sawaki

★★★★☆ 4.3 out of 5

Language : English
File size : 12294 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 272 pages



Kodo Sawaki (1880-1965) was a renowned Japanese Zen master and a key figure in the development of the Soto Zen tradition. His teachings and practices have had a profound influence on generations of Zen students worldwide.

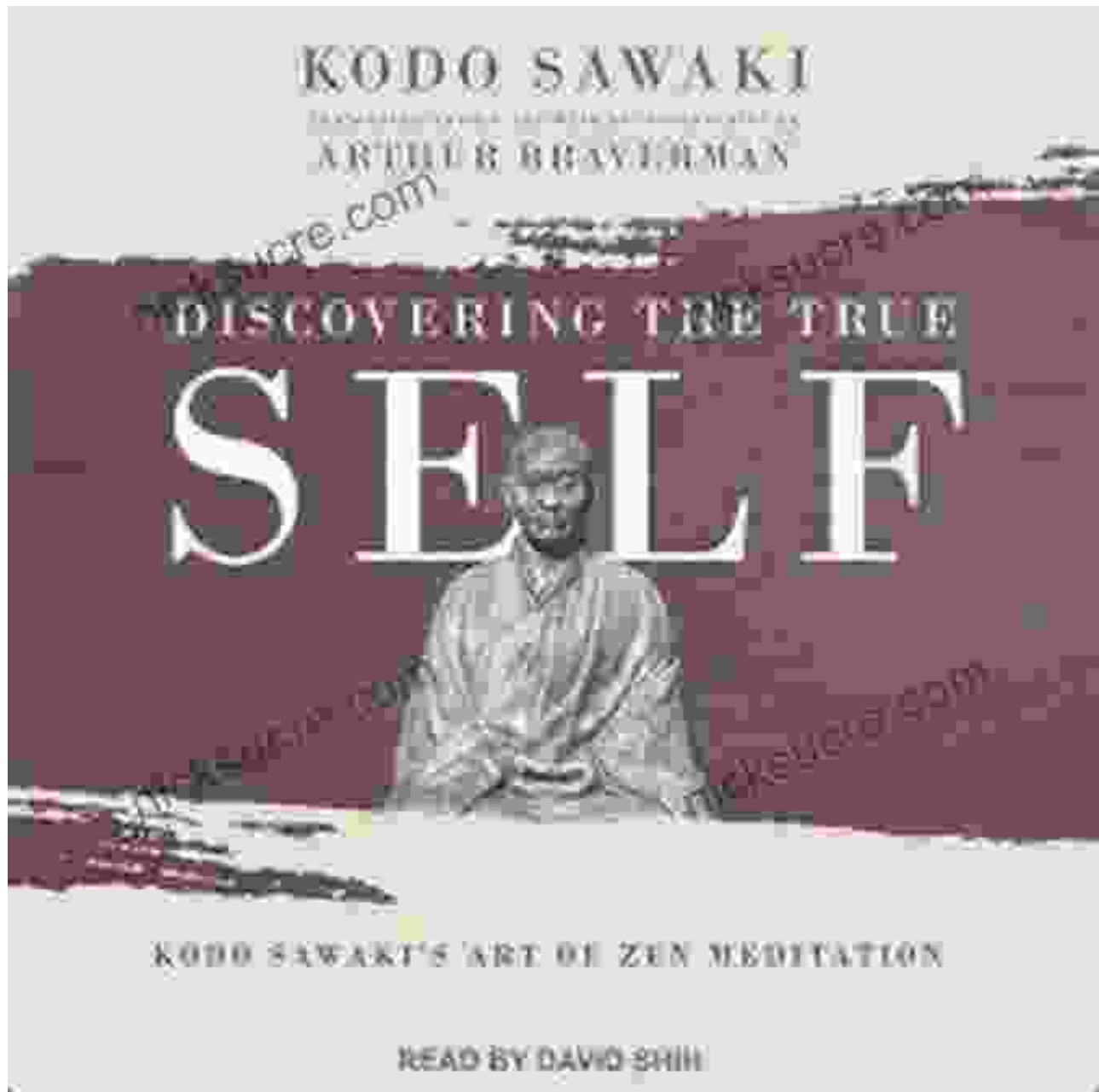
Sawaki was born in Gifu Prefecture, Japan, in 1880. He became a monk at the age of 15 and studied under several famous Zen masters, including Soyen Shaku, Teisho Suzuki, and Seiko Suzuki. In 1925, he founded the Antaiji Temple in Kyoto, which became a major center for Zen meditation practice.

Sawaki was known for his rigorous and uncompromising approach to Zen meditation. He emphasized the importance of zazen (sitting meditation) and shikantaza (silent illumination), and he taught that enlightenment could only be realized through direct experience. He also stressed the

importance of compassion and service, and he often encouraged his students to engage in social activism.

Teachings and Practices

Sawaki's teachings were based on the core principles of Zen Buddhism, including the Four Noble Truths, the Eightfold Path, and the concept of anatta (no-self). He taught that the goal of Zen meditation was to realize the true nature of our minds and to live in the present moment without attachment to the past or future.



Sawaki emphasized the importance of zazen, which he considered to be the foundation of Zen practice. He taught that zazen should be practiced in a quiet and isolated setting, with the practitioner sitting in a comfortable and upright position. The practitioner should focus their attention on their breath and let go of all thoughts and distractions.

Sawaki also taught the practice of shikantaza, which literally means "silent illumination." Shikantaza is a form of meditation in which the practitioner simply sits without any object of focus. The practitioner allows their mind to wander freely and naturally, without trying to control or suppress their thoughts.

Sawaki believed that zazen and shikantaza could lead to satori, or sudden enlightenment. He taught that satori was not a goal to be achieved, but rather a natural consequence of consistent and dedicated meditation practice.

In addition to meditation, Sawaki also stressed the importance of compassion and service. He taught that Zen practitioners should not only seek their own enlightenment, but they should also work to help others. He encouraged his students to engage in social activism and to help those in need.

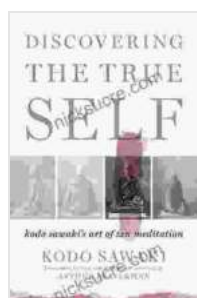
Legacy

Kodo Sawaki's teachings and practices have had a profound influence on generations of Zen students worldwide. He is considered to be one of the most important Zen masters of the 20th century, and his legacy continues to inspire and guide Zen practitioners today.

Sawaki's teachings have been translated into many languages, and his books are widely read by Zen students around the world. His disciples have also established Zen centers and temples in many countries, and his teachings continue to be passed down from generation to generation.

Kodo Sawaki was a true master of Zen meditation, and his teachings have helped countless people to realize the true nature of their minds and to live in the present moment with compassion and joy.

Kodo Sawaki was a remarkable Zen master whose teachings and practices have had a profound influence on generations of Zen students worldwide. His legacy continues to inspire and guide Zen practitioners today, and his teachings will continue to be a source of wisdom and guidance for many years to come.



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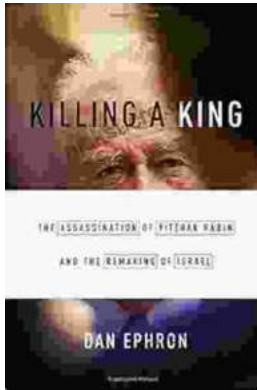
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