

ZAZEN - by James M Nakayama  
11/22/1990

Za means sitting. Zen is meditation.

How important is meditation? It`s been said that Zen is a matter of life and death. That`s pretty serious.

When we sit, we immediately engage a most tenacious and devious opponent. The battle begins. Who is this opponent who hides in plain sight yet shouts the loudest? Who is it that continuously dominates our thoughts and our actions while denying us heaven on earth?

The same one (the devious one) who promises us the best, who acts on our behalf, and whose sincerity is impossible to doubt.

The one we call "ego".