



### Daizan Skinner Roshi: The Zen of Embodiment



Julian Daizan Skinner is the founder of the Zenways. He is the first Englishman to become a Zen master in the Rinzai tradition and to also receive permission to teach in the Soto Zen lineage. He created training programs for Yoga Teachers and Meditation Teachers through Zenways. Learn about the origins of Zen Embodiment and experience a guided Nanso No Ho meditation (the Soft Ointment Meditation).

**TOP EMBODIMENT TIP:** The human organism is an energetic phenomenon, our vitality follows the mind. Without strong roots, the higher we grow the more perilous it is for us.

#### The Zen of Embodiment: Hakuin's 'The Two Wings of a Bird'

- Hakuin, the reviver of Rinzai, became very sick from practices that were not embodied. He sought out and developed practices to bring embodiment back to Rinzai.
- Expanding Consciousness - One Wing
  - Working with a question or a koan.
  - Working with the breath, silence.
- Grounding and Energizing Your System - One Wing
  - Energy or vitality follows the mind - people get weak when they are head-centered.
  - Embodiment is about **cultivating the Hara** - the abdomen - our gutsy quality - creates a grounded presence and charisma when developed, **it's like creating the roots of a tree.**
- There is a connection between mind and energy - when things open up spiritually and we realize '*we are ok, we are where we need to be*' - we can stabilize insights with energetic methods so we can live out these insights more powerfully.

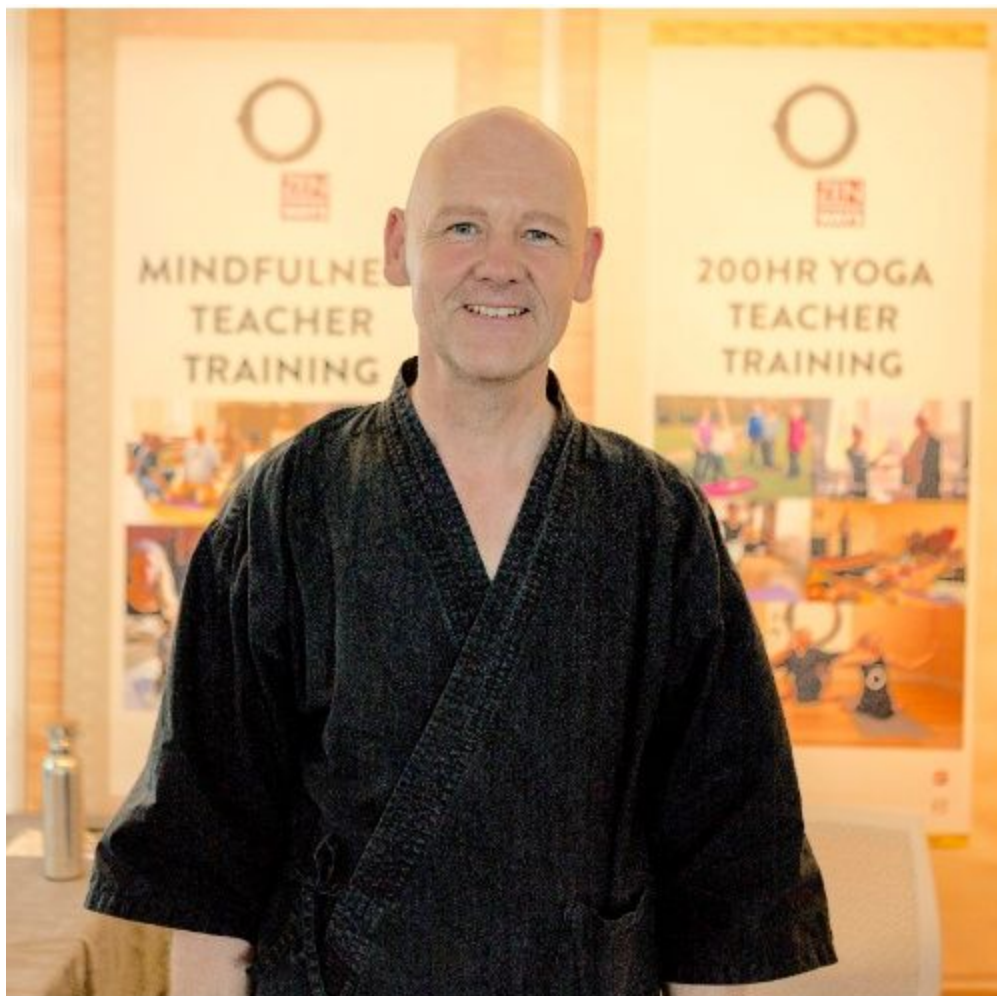
#### Zen Architecture: Our Body is our Vehicle

- Japanese Temples and Meditation Halls were often designed in the shape of the teacher's body.
- In the Zendo meditation hall you have Monju (*Wisdom*), a soft and young figure, sitting on a lion, a big powerfully muscled lion who is looking at Monju with love. We can't see where Monju ends and where the lion begins - our animal nature is our vehicle.
- Making friends with your animal nature (*pure aggression*) is part of bringing the Two Wings together. Aggression can become the gatekeeper to the temple, but not the master.

#### Resources

- ❖ **Books:** [Practical Zen](#), [Rough Waking](#)
- ❖ **Courses:** Yoga Teacher Training, Meditation and Mindfulness Teacher Training ([zenways.org](http://zenways.org))
- ❖ **Website:** [zenways.org](http://zenways.org)

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