



Master Reigen Wang-Genh: Zen Meditation: A Treasure for our Time / La Méditation Zen: Un Trésor pour Notre Temps



Olivier Reigen Wang-Genh has been practicing Soto Zen since 1973. He currently serves as Co-President of the French Buddhist Union and as President of the Zen International Association. He is also President of the Alsace Buddhist Community. Join Master Reigen to discover how to meditate according to the Soto Zen tradition.

TOP EMBODIMENT TIP: Do Not Judge the Quality or the Content of the Thoughts.

How to Practice the Meditation According to the Soto Zen Tradition:

- **These spiritual traditions are a treasure for humanity.**
- The traditions of Soto Zen have been passed person to person for over 2000 years. These practices cannot be improvised or we form traps and obstacles; wasting time, energy and aspiration.
- Within this practice, the body posture is crucial, because the mind and body are inseparable; they are like each side of the hand.
- Maintain the concentration and attention; remain vigilant. The position of the hands; the fingers of the left hand are placed on the fingers of the right hand, the thumbs join each other horizontally above. This directly influences our mental state. The gaze is also important, not looking around, but focussed, so the gaze is just in front of you, without fully closing the eyes. The head needs to be in the correct position, straight and with the chin tucked a little.
- All of this affects the concentration. The stability of the posture is also important; in half or full lotus.

The Differences from Other Forms of Meditation: It is Difficult to Discuss What is Zazen; It is Easier to Say What it is Not!

- What is not Zazen; we read that we should have no thoughts - this is not correct.
- Other forms of meditation suggest we choose thoughts; This is not what we do.
- To develop certain types of thinking or type of emotion; we do not do this.
- We do not analyse thoughts; content, origin or process.
- We do not use visualisations; concepts, colours or values.
- We compare it to a river, with a current, and we go with the flow. However through Zazen, we can get out of this.
- We explore the state of consciousness before the thoughts, or beyond the thoughts; we have enormous capacity to think in this space, before the thoughts. This is the secret that everybody can discover.

The Specifics of Soto Zen: The Universe is One; No Start, No Finish; Only the Present Moment is Real.

- The dimension or spirit of Mushotoku; Nothing is missing and there is nothing to wait for.
- Satori; We do not practice to achieve Satori, the practice is already Satori.
- There is no separation between Buddha and beings; The Universe as one is a shining pearl.

Zen in Daily Life: We Practice Everywhere; Wherever we find ourselves; The moment where we Are.

- Each day is a good day; Each moment is a good moment; Each place is a good place.
- We follow the proverbs or we create separation between practice and non-practice.
- Do no harm; Create no suffering; Have kindness to all things.

Resources

- ❖ **Website:** [Meditation Zen](https://www.meditationzen.com)



Master Reigen Wang-Genh





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