

GLOSSARY OF ZEN BUDDHIST TERMS

from : *ZAZEN - THE WAY TO AWAKENING*

Bodai-shin; way-seeking mind, the mind aspiring toward enlightenment

Dokusan; personal interview with the Roshi

Dharma; the way, the ultimate truth, the teaching of the Buddha

Innen-muryo; an innumerable succession of incidents taking place, depending on countless direct and indirect causes

Jita-ichinyo; unity of self and others

Kaatz; a great shout transcending words and concepts used by Zen masters to wake people up from delusions and attachment

Ku; the original unity of self and others, emptiness

Kyousaku; wake up stick used to encourage Zen students

Mondo; dialogue between Roshi and student/s

Mu; literally 'no-thing'

Mumyo; literally the absence of light; the world of spiritual ignorance, suffering, delusions and attachments

Prajina Paramita; lit. 'perfection of wisdom'; term for Mahayana sutras, the essence of which is chanted daily in Zen temples

Roshi; Zen Master, literally 'venerable teacher'

Samadhi; profound peace, stillness of mind

Samu; work practice around zendo

Satori; the experience or condition of enlightenment

Sesshin; Zen Buddhist retreat of 5 to 7 days

Shikan; lit. 'nothing but', single-minded concentration in the present moment

Tada; things just as they are

Wabi, sabi; elegant mature simplicity

Zazen; seated, focused meditation, formal Zen Buddhist practice

Zendo; Zen hall, Zen Buddhist centre