

Ivan Frimmel presents

Talks, Slide Shows & Discussions on

Advaita Vedanta

Jnana Yoga

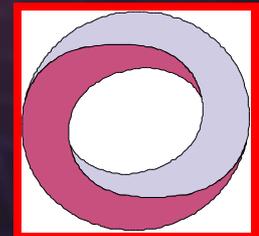
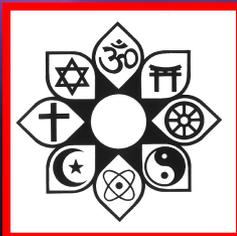
Meditation

Mysticism

Buddhism

Who am I?

Zen

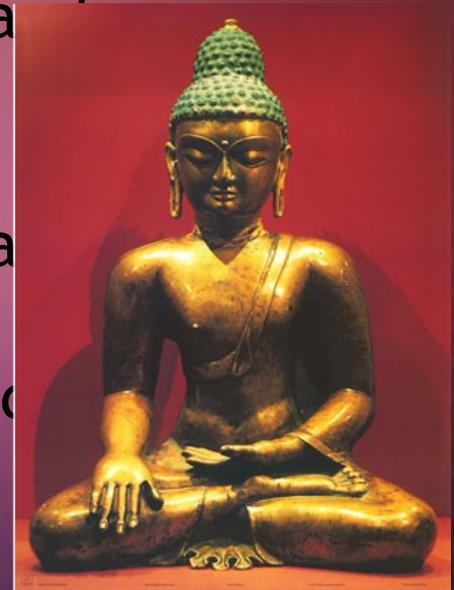


What is Zen Buddhism?



Firstly, What is Buddhism?

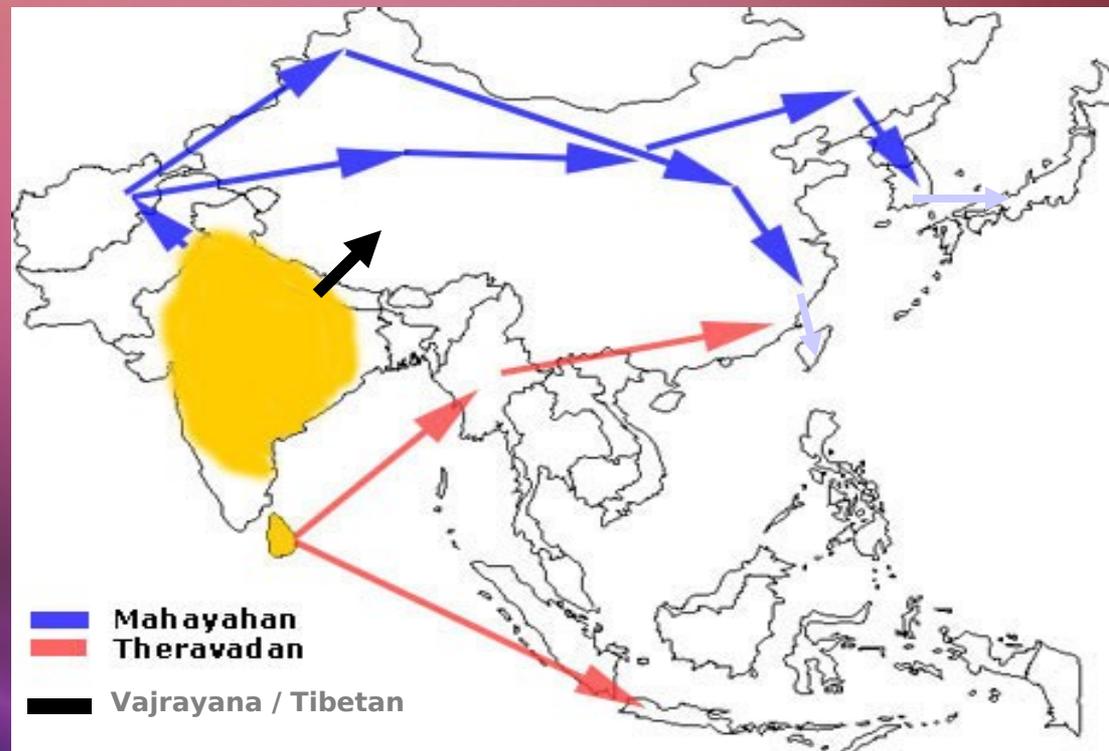
- ♦ a religion, philosophy, soteriology and a way of life that was developed in North-Eastern India from the teachings of a man called Siddhartha Gautama, born about 624 BCE as a prince in a Hindu royal family called Sakyamuni, who after his enlightenment became known as Buddha, the Enlightened One.



The Main Schools of Buddhism

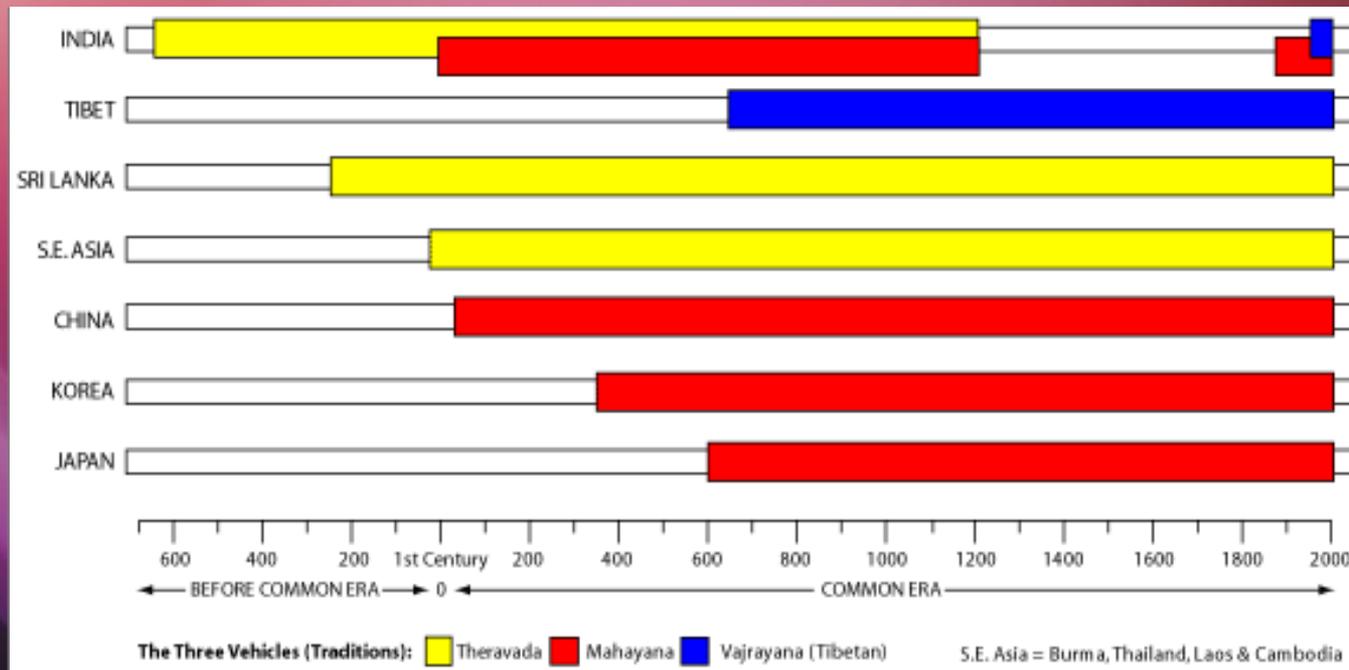
- ♦ **Theravada**
- ♦ **Mahayana**
 - ♦ Pure Land
 - ♦ Ch'an / Zen
- ♦ **Vajrayana / Tibetan**

The Spread of Buddhism in Asia



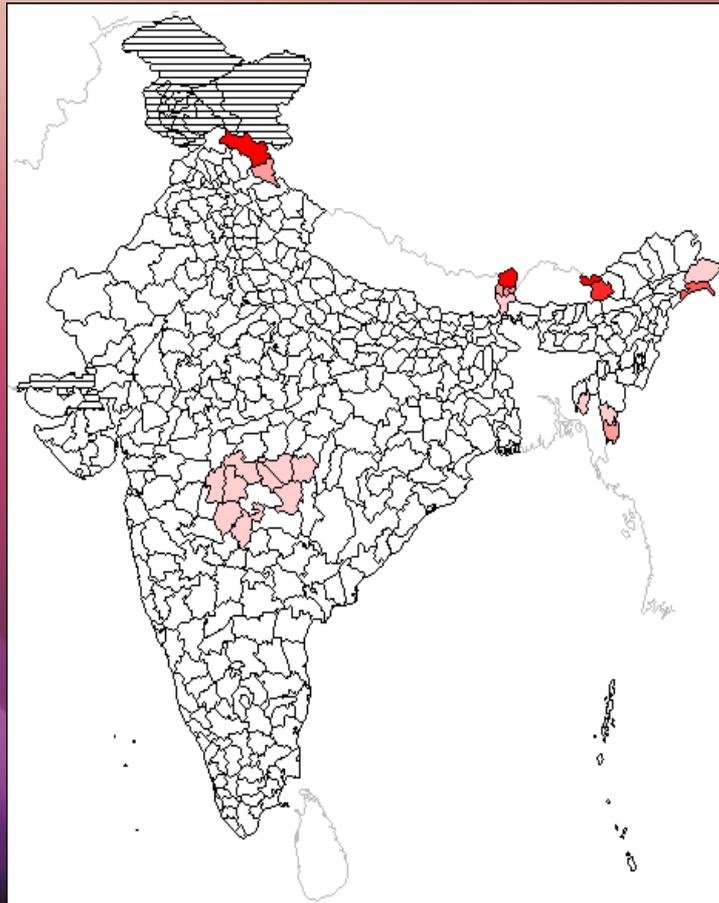
Timeline of the Spread of Buddhism in Asia

Spreading from India to Central and Southeast Asia, China, Korea, and Japan, Buddhism has played a central role in the spiritual, cultural, and social life of the Eastern world, and during the 20th century also spread to the West.



It is estimated that there are over 500-million Buddhists in the world today.

Map of Buddhist Population in India (1991)



Proportion of Buddhists [%]

| | | |
|---|---------|-------|
| ■ | 50 - | (3) |
| ■ | 40 - 50 | (1) |
| ■ | 30 - 40 | (1) |
| ■ | 20 - 30 | (5) |
| ■ | 10 - 20 | (13) |
| □ | 0 - 10 | (429) |

What is Zen?

- ♦ The name *Zen* is Japanese. It derives from the Chinese *Chan'an-na* or briefly *Ch'an*, which in turn comes from the Sanskrit *Dhyana*, meaning *Meditation* in English.
- ♦ *Zen* is one of the branches of Mahayana Buddhism, very popular in China, Korea and Japan, and lately also in the West.
- ♦ *Zen* teaches us to wake up to the present moment, that is to perceiving this moment exactly as it is rather than through the filter of ideas, opinions, prejudices, appearances, etc.
- ♦ *Zen* is a spiritual path that encourages practitioners to see the futility behind the world of appearances. In a practical sense, it helps us to live spontaneously and joyously, as well as spiritually.
- ♦ *Zen* philosophies and practices are gaining much popularity in our ever-changing world as a means of reaching a calm and tranquil sense of being, and place a great deal of importance on accomplishing a state of "no mind", "emptiness", "nothingness" or "voidness" (*sunyata*).

The Main Schools of Zen

- ◆ **Dhyana** was brought from India to China by a Buddhist monk (the 28th Indian Patriarch) **Bodhidharma** in the 6th Century AD, where the teaching became known as Ch'an and Bodhidharma as the 1st Ch'an Patriarch
- ◆ In China, **Ch'an** divided into two schools
 - ◆ The Southern School (Hui Neng) - sudden enlightenment
 - ◆ The Northern School (Shen-hsiu) - gradual enlightenment
- ◆ In Japan Ch'an became known as **Zen**, and divided into 7 schools, the best known being
 - ◆ Rinzai (Lin-Chi) - introspecting the koan path
 - ◆ Soto (Tsao-Tung) - silent illumination path



The Main Teaching & Methods of Zen

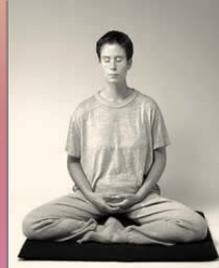
- ◆ Enlightenment is not to be found in the pursuit of doctrinal studies but only through the direct insight into the insubstantiality or emptiness of Reality and one's own self, through
 - ◆ sudden insight into one's own true nature
 - ◆ the practice of Zen meditation (*zazen*)
 - ◆ the Zen riddle (*koan*) method
 - ◆ special transmission outside the scriptures, from mind to mind.

Ten Precepts of Zen

- ◆ Not destroying life
- ◆ Not stealing
- ◆ Not committing unchaste acts
- ◆ Not lying
- ◆ Not taking intoxicants
- ◆ Not speaking of other's faults
- ◆ Not slandering others by praising yourself
- ◆ Not coveting
- ◆ Not being angry
- ◆ Not insulting the Three Jewels
(Buddha, Dharma & Sangha)

Various Meditation Positions

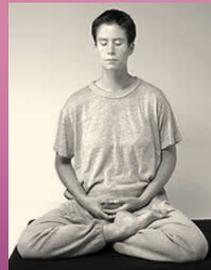
◆ Burmese



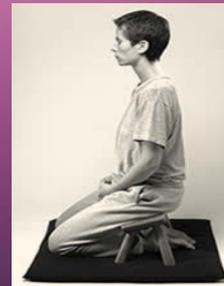
◆ Half Lotus



◆ Full Lotus



◆ Kneeling



◆ Sitting



...and also

- Standing
- Walking
- Lying Meditation

Zen in China (Ch'an)

- ♦ ZEN IN CHINA shared much with the Taoism of Lao-tzu and Chuang-tzu, so much so that it is difficult to determine how much of Zen has Buddhist origins, how much Taoist. It is important to remember, in this connection, that we are speaking of the so-called "philosophical" Taoism and Zen, as opposed to the later "degenerate Taoism" and "institutionalized Zen" of more recent times.
- ♦ The basic premise that *the highest truth, or first principle, or Tao, is not expressible in words or conceivable through logical thought* is common to both Taoism and Zen. Both hold, moreover, that *an intuitive understanding of the first principle is possible*, and this is called enlightenment.
- ♦ However, the enlightened Taoist sage is considered to have gained some special knowledge, coupled with arcane skills, and thus becomes somehow removed from the world, but the Zen Master claims nothing other than the realization that there is nothing to gain, and is therefore more than ever living in the reality of the everyday world.

Some Basic Zen Concepts

- ♦ Sunyata, wu (mu)= emptiness, voidness
- ♦ Wu-wei = non-action
- ♦ Wu-hsin = no-mind
- ♦ Wu-nien = no-thought

*Sitting quietly, doing nothing,
Spring comes, and the grass grows by itself.*

Enso - the Zen Symbol

- ♦ At first glance the Enso
 - an ancient Zen symbol
 - may appear to be nothing more than a circle. Yet when painted by a skilled artist, it becomes much more than that: representing the mystery and oneness of life, the beginning and end (or emptiness?) of all things and the inter-connectedness and infinity of all existence.



"Circle of Infinity....
Emptiness with fullness, all things visible,
all things unseen. To end and to begin
--- circle of Life."

Zen in Daily Life

Zen teaches

- ♦ Single-mindedness
- ♦ Wholeheartedness
- ♦ Intimacy
- ♦ Direct Perception
- ♦ Non-aggression
- ♦ Spontaneity

...a total transformation of our whole being and behavior, affecting all aspects of our life.



Quotes from Zen Buddhism (1)

- ♦ *The wise person does not strive (wu-wei)
The ignorant man ties himself up...
If you work on your mind with your mind,
How can you avoid an immense confusion?*
- Seng-ts'an
- ♦ *A split hair's difference,
And heaven and earth are set apart!
If you want to get the plain truth,
Be not concerned with right and wrong.
The conflict between right and wrong
Is the sickness of the mind.*
- Seng-ts'an

Quotes from Zen Buddhism (2)

- ♦ *The One Mind alone is the Buddha, and there is no distinction between the Buddha and sentient being, only that sentient beings are attached to form and so seek to attain Buddhahood externally. By the very seeking they lose it, for that is using the Buddha to seek Buddha, and using the Mind to grasp Mind.*
- Huang Po

- ♦ *If you run away from the Void, you can never be free from it; if you search for the Void, you can never reach it.*

- Niu-tou

Fa-Yung

- ♦ *If you are afraid, you are in error. If you know how to calm your spirit and keep still in all circumstances, you are in truth.*

Quotes from Zen Buddhism

(3)

- ♦ *The Buddhas expound the Dharma of emptiness in order to eradicate the myriad false views. But should you then cling to emptiness, even the Buddhas will be unable to do anything to help you. When there is arising, it is only emptiness that arises; when there is perishing, it is only emptiness that perishes. In reality nothing whatsoever arises or perishes.*

- Boddhidharma

- ♦ *Before I had studied Zen for thirty years, I saw mountains as mountains and rivers as rivers. When I arrived at Enlightenment, I saw that mountains are not mountains and rivers are not rivers. But now that I understand, I once again see mountains as mountains and rivers as rivers.*

- Ch'ing-yuan

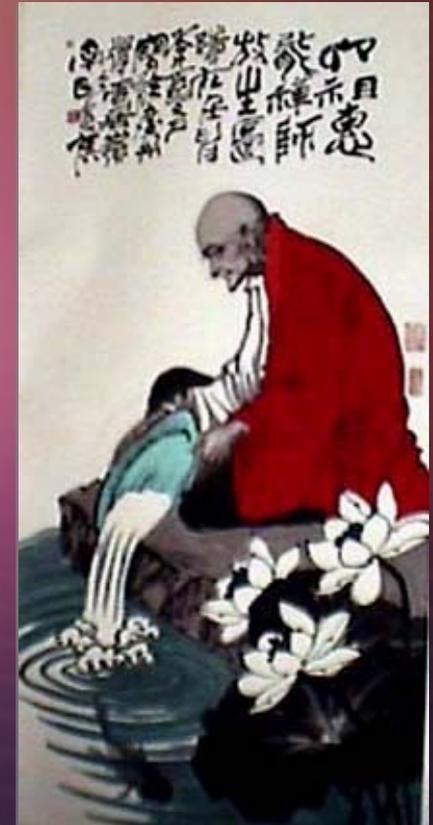
Hui-Neng (637-713) - the 6th Patriarch of Ch'an

- ♦ **Hung-jan**, the 5th Patriarch and Abbot of the *Yellow Plum Mountain Monastery* in Guangzhou (Canton), China, when looking for his successor through a poetry competition among his monks, was given this poem by his chief monk **Shen-hsiu**:

*The body is the Boddhi Tree;
The mind like a bright mirror standing
Take care to wipe it all the time
And allow no dust to cling.*

- ♦ **Hui-neng**, the monastery cook, submitted this reply that got him the Patriarchate, robe and bowl:

*There never was a Boddhi Tree,
Nor bright mirror standing.
Fundamentally, not one thing exists,
So where is the dust to cling?*



What is a Koan?

- ♦ *Koan* is a riddle, often in the form of a paradox, used in Zen Buddhism as an aid to meditation and a means of gaining intuitive knowledge or Enlightenment.
- ♦ In Cha'n it is known as *Hua Tou*.

Some of the Best Known Koans

- ♦ *What is the sound of one hand clapping?*
- ♦ *Who were you before you were conceived?*
- ♦ *For what reason did Bodhidharma come from the West?*
- ♦ *What is the Buddha?*
- ♦ *Does dog have the Buddha nature?*

What are Zen Haiku Poems?

- ♦ **Haikus are Japanese Zen Poems, valued for their:**
 - ♦ Lightness
 - ♦ Simplicity
 - ♦ Openness
 - ♦ Depth
- ♦ **People have tried to translate Haikus into an English form by:**
 - ♦ Using no more than 17 syllables
 - ♦ Arranging these in lines of 5-7-5 syllables
 - ♦ Avoiding similes and metaphors
 - ♦ Retaining Japanese values

Zen Haiku Poems by Basho (1644 - 94)

*I lie awake
This icy night.
Water jar cracks*

*Spring departs
Birds cry
Fishes' eyes are filled with tears*

*Lightning:
Heron's cry
Stabs the darkness*

*Sick on a journey:
Over parched fields
Dreams wander on.*

*Old pond.
Frog jumps in.
Splash!*

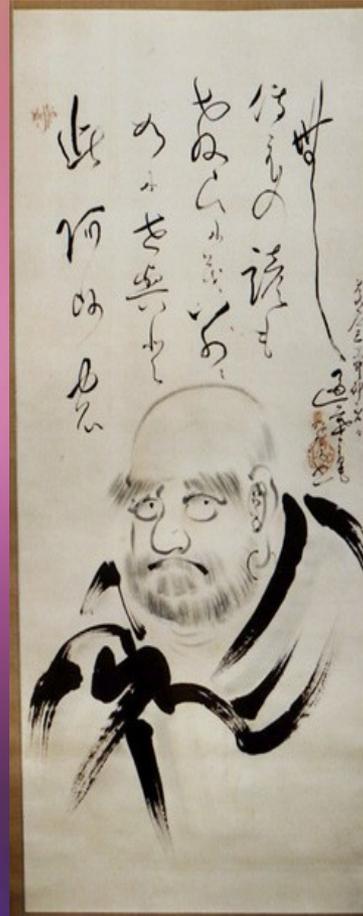
Zen Poetry

- ♦ *Earth, mountains, rivers - hidden in this nothingness.
In this nothingness - earth, mountains, rivers revealed.
Spring flowers, winter snows:
There's no being or non-being, nor denial itself.*
- Saisho (? - 1506)
- ♦ *To what shall
I liken the world?
Moonlight, reflected
In dewdrops
Shaken from a crane's bill.*
- Dogen, 1200 - 1253
- ♦ *Cold Mountain is a house
Without beams or walls.
The six doors left and right are open
The hall is blue sky.
The rooms all vacant and vague
The east wall beats on the west wall
At the center nothing.*
- Han Shan, circa 630

Zen Art



Side View of Daruma
by Hakuin



Soto Sect Zen Master Daruma
(Summer 1867)



Bamboo

Oishi Junkyo (1887-1967)

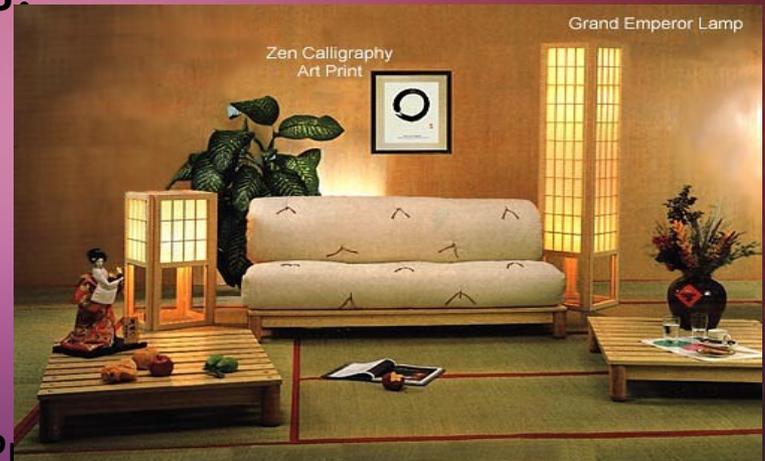


Enso:
Zen Circles of Mystery

Zen Architecture & Interior Design

- ◆ Zen architecture and interior design are free of clutter, offer soothing expressions of minimalism combined with simple beauty, and are based on the following basic principles:

- ◆ Simplicity
- ◆ Tranquility
- ◆ Balance between
 - ◆ Beauty & Functionality (Purpose),
 - ◆ Light and Shade (Colours)
 - ◆ Forms & Space



Zen Gardens



Zen Art of Flower Arrangement

Western Style



Zen Style



Zen Art of Tea Ceremony



Zen Martial Arts



Kung-Fu, Judo, Aikido, Bushido, etc...

- ♦ **Bushido**, the way of the Samurai, grew in Japan out of the fusion of Buddhism and Shintoism. This way can be summarized in seven essential principles:
 - ♦ the right decision, taken with equanimity, the right attitude, the truth; When we must die, we must die;
 - ♦ bravery tinged with heroism;
 - ♦ universal love, benevolence toward mankind; compassion;
 - ♦ right action--a most essential quality, courtesy;
 - ♦ utter sincerity; truthfulness;
 - ♦ honor and glory;
 - ♦ devotion, loyalty.

- ♦ The elements of Buddhism found in Bushido are five:
 - ♦ pacification of the emotions;
 - ♦ tranquil compliance with the inevitable;
 - ♦ self-control in the face of any event;
 - ♦ a more intimate exploration of death than of life;
 - ♦ pure poverty.

Zen in Relationships

- ♦ Master Rizai once said that people are always in one of these relationships to each other:
 - ♦ **Host & Guest**
The host is in touch with reality and the guest is confused
 - ♦ **Guest & Guest**
Neither one knows what's going on.
 - ♦ **Host & Host**
Both are enlightened.
This is said to be like “two thieves meeting at night - they know each other immediately”.

The Best-Known Zen Sayings

- ♦ *Carrying water and chopping wood are the activities of the Buddha.*
- ♦ *Sitting quietly, doing nothing, Spring comes, and the grass grows by itself.*
- ♦ *The everyday mind is Buddha.*
- ♦ *The Great Way is very simple: just avoid picking and choosing.*
- ♦ *Those who know do not speak; those who speak do not know.*



Thank You

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