THE STILL CENTER OF THE TURNING WORLDS

There is a still center of Eternity—A place where all past, present and future meet. This intersecting point of knowledge and experience, pleasure and pain, infancy and immortality has been described and referred to in a variety of different ways by mystics, prophets and teachers who have experienced it.

Some have described it as God or Heaven. Others have referred to it as Nirvana or Tao. In Zen it is called Zen mind or Enlightenment.

While names, descriptions and methods for reaching the still center of being vary greatly, the ultimate worth of this awareness is shared by all who have shared in it. The experience of the still center of being brings freedom, self-control, balance and power to those who have attained their lives to it.

Zen is the study of the Ten Thousand States of Mind and of Enlightenment. It is a highly personal study which brings clarity and purpose into the lives of those who practice it.

Zen Buddhism thought has had a profound influence upon Chinese and Japanese history and culture. A great deal of the current art and literature reflects the influence of Zen on the arts of Japan. Martial arts, tea ceremony, flower arrangement, and many other forms of personal, athletic and artistic expression have been given birth to by Zen mind.

Zen is a highly refined and artistic approach to the meaning of life. It isn’t necessary to learn Oriental customs or to speak the Japanese language to successfully practice it. All that is required is an open mind, patience, a good sense of humor and an innate desire for self-improvement.

I have written a free booklet about Zen for the "computer age" called "Zen Mind and Enlightenment." In this booklet Zen in more depth and describe both contemporary and traditional methods. I employ in teaching Zen at seminars and in private practice.

If you would like to learn more about Zen and the wonders of your own mind, call or write for this free booklet today.

Find the still center of your own being—Study Zen.