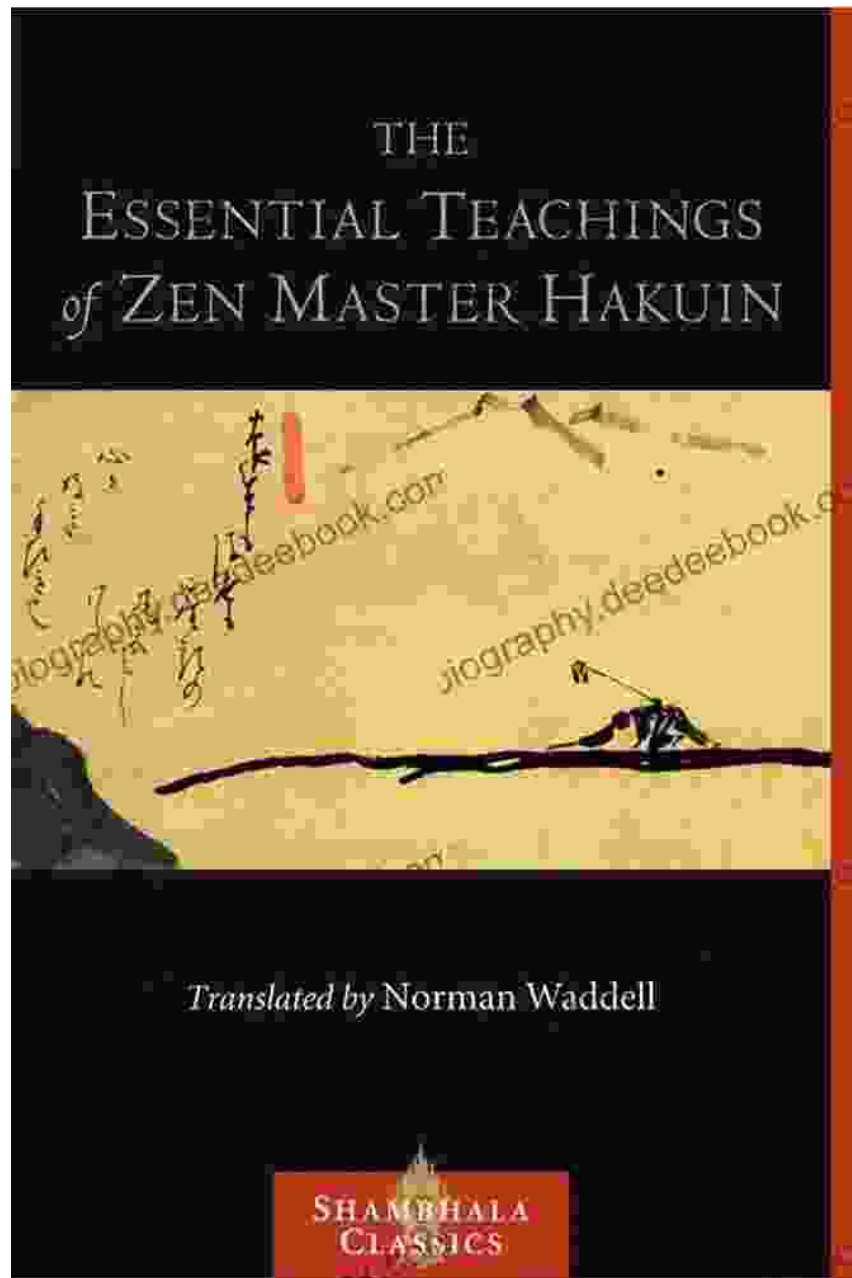


The Profound Path to Enlightenment: Unveiling Hakuin's Song in Praise of Zazen



In the tranquil realm of Zen Buddhism, the practice of zazen, or seated meditation, holds a central position as a path to enlightenment. Among the many Zen masters who have extolled the virtues of zazen, Hakuin Ekaku

(1685-1768) stands out as a towering figure. His renowned "Song in Praise of Zazen" is a lyrical masterpiece that encapsulates the profound insights and transformative power of this ancient practice.



Hakuin's Song in Praise of Zazen by Neel Mukherjee

- ★★★★★ 5 out of 5
- Language : English
- File size : 97 KB
- Text-to-Speech : Enabled
- Screen Reader : Supported
- Enhanced typesetting: Enabled
- Print length : 128 pages
- Lending : Enabled



Hakuin Ekaku's Journey

Born in a humble village in Japan, Hakuin's early life was marked by adversity and disillusionment. After a failed attempt to become a samurai, he turned to Buddhism, seeking solace and guidance. However, his initial encounters with Zen proved unsatisfying until he met the renowned master Shoju Rojin.

Under Shoju's tutelage, Hakuin underwent an arduous journey of self-inquiry and rigorous zazen practice. It was during this period that he composed his "Song in Praise of Zazen," a testament to his profound understanding of the transformative power of meditation.

The Song in Praise of Zazen

Hakuin's song is a poetic masterpiece that weaves together imagery, metaphor, and philosophical insights. It opens with a vivid description of the

zazen posture, which is both simple and profound:

"Sitting silently, ng nothing, The spring comes, and the grass grows by itself."

This simplicity belies the profound depth of zazen, which involves the entire being—body, mind, and spirit. By relinquishing control and allowing the natural flow of life to unfold, the practitioner creates the conditions for enlightenment.

Hakuin further extols the transformative power of zazen:

"Ten thousand thoughts vanish away Into the inexhaustible Void; Vast emptiness, all is bright Like the sun shining in the blue sky."

Through the practice of zazen, the restless mind is stilled, and the illusion of self dissolves. This leads to the realization of the true nature of existence, which Hakuin describes as "vast emptiness" and "all-brightness."

The Benefits of Zazen

Hakuin's song not only celebrates the virtues of zazen but also outlines its manifold benefits:

"The body is at ease, the mind is at rest, The old self dies, the new self is born; Sickness and pain vanish away, And the thousand joys of life are revealed."

With regular practice, zazen can bring about a profound transformation of both body and mind. Physical ailments diminish, the mind becomes clear

and focused, and a sense of deep inner peace and contentment pervades.

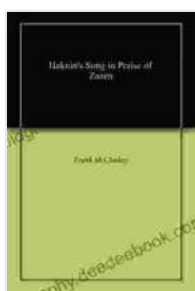
The Path to Enlightenment

Hakuin's "Song in Praise of Zazen" is more than just a beautiful poem; it is a practical guide to unlocking the transformative power of meditation. By following its teachings, practitioners can embark on the path to enlightenment:

"The Buddha's Way is the true way, Zazen is the true practice; If you do not practice zazen, You will never know the Buddha's Way."

Hakuin emphasizes that zazen is not merely a technique but a way of life. By dedicating oneself to its practice, one can gradually cultivate the qualities of wisdom, compassion, and emptiness that characterize the enlightened state.

Hakuin Ekaku's "Song in Praise of Zazen" remains a timeless masterpiece that offers profound insights into the nature of reality and the path to enlightenment. Through its lyrical verses, Hakuin invites us to embark on the transformative journey of zazen meditation, where we can discover the true depths of our being and experience the boundless joy of the awakening mind.



Hakuin's Song in Praise of Zazen by Neel Mukherjee

★★★★★ 5 out of 5

Language : English
File size : 97 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 128 pages
Lending : Enabled

FREE

DOWNLOAD E-BOOK



Celebrating Christmas Spirit with Angel Paws Holiday

The Magic of Angel Paws Holiday Christmas is a season of giving and joy, and the Angel Paws Holiday perfectly embodies the...



Second Edition Pdf No Audio: A Comprehensive Guide to the Latest Release

The Second Edition Pdf No Audio is the latest release of the popular Second Edition software. This new version offers a number of significant...