



Zazen: The Way to Awakening

Kido Inoue

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The human mind is inherently free. It neither affirms nor denies. It is not constrained by the conflict of the opposites, like right and wrong or self and others. An awakened mind knows that the dynamic unity between self and others forms part of an integrated whole. Having direct knowledge of this mind brings profound peace. The teachings of the Buddha point the way to acquire this knowledge through direct personal experience.

In this intriguing and enlightening collection of stories, three Zen students reflect on their personal journeys and share how their lives subsequently transformed because of the practice. Under the direction of Zen Master Kido Inoue, they share their doubts, their difficulties, their amazement, and the transformations that they experienced in their lives. The ultimate aim of Zen is to break out of the constraints of ego and have direct personal experience of the absolute infinity of our being. It is to awaken to the truth of our nature beyond the ego. In a nutshell, Zen focuses on the essence of mind.

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