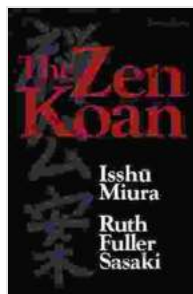


# The Art of Just Sitting: Its History and Use in Rinzai Zen



## The Zen Koan: Its History and Use in Rinzai Zen

by Mansi Shah

★★★★☆ 4.7 out of 5

Language : English

File size : 4402 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

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Print length : 176 pages



Just sitting is a form of Zen meditation that involves sitting still and focusing on the present moment. It is one of the most important practices in Rinzai Zen, a school of Zen Buddhism that emphasizes sudden enlightenment.

Just sitting is said to have originated in China during the Tang dynasty. It was introduced to Japan by the Zen master Dogen in the 13th century. Dogen taught that just sitting was the most direct way to experience the true nature of reality. He believed that by sitting still and focusing on the present moment, we could let go of our ego and attachments and experience the world as it truly is.

Just sitting is a simple practice, but it can be difficult to do well. The mind is naturally restless, and it is easy to get distracted by thoughts and emotions.

However, with practice, it is possible to learn to quiet the mind and focus on the present moment. This can lead to a number of benefits, including:

- Reduced stress and anxiety
- Increased focus and concentration
- Improved sleep
- Greater self-awareness
- A deeper understanding of the nature of reality

If you are interested in learning more about just sitting, there are a number of resources available. There are books, articles, and websites that can provide you with instructions on how to practice just sitting. You can also find meditation groups and retreats that offer instruction in just sitting.

Just sitting is a powerful practice that can help you to experience the true nature of reality. If you are willing to put in the time and effort, it can be a transformative experience.

## **How to Practice Just Sitting**

To practice just sitting, find a quiet place where you will not be disturbed. Sit in a comfortable position with your back straight. Close your eyes and focus on your breath. Notice the rise and fall of your breath as you inhale and exhale.

As you focus on your breath, your mind may wander. This is normal. When you notice that your mind has wandered, gently bring it back to your breath. Do not judge yourself for having wandered. Simply return your attention to your breath.

Start by practicing just sitting for a few minutes each day. As you become more comfortable with the practice, you can gradually increase the amount of time you sit.

### **Tips for Just Sitting**

- Find a quiet place where you will not be disturbed.
- Sit in a comfortable position with your back straight.
- Close your eyes and focus on your breath.
- When your mind wanders, gently bring it back to your breath.
- Do not judge yourself for having wandered.
- Start by practicing just sitting for a few minutes each day.
- As you become more comfortable with the practice, you can gradually increase the amount of time you sit.

### **Benefits of Just Sitting**

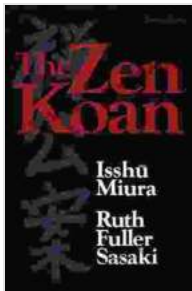
- Reduced stress and anxiety
- Increased focus and concentration
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- Greater self-awareness
- A deeper understanding of the nature of reality

Just sitting is a powerful practice that can help you to experience the true nature of reality. If you are willing to put in the time and effort, it can be a transformative experience.

To learn more about just sitting, I recommend the following resources:

- The Art of Just Sitting by Charlotte Joko Beck
- Zen Mind, Beginner's Mind by Shunryu Suzuki
- The Zen Teaching of Huang Po by John Blofeld

I hope this article has been helpful. If you have any questions, please feel free to leave a comment below.



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