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its openness and attention to the present moment, unlimited by preconceived expectations. Regardless of one's years in practice, to be a student of Zen means to be constantly letting go of conceptual ideas of ourselves and others to meet the world afresh — a state of mind full of vitality, with access to our inherent wisdom and compassion.

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“Zen” is a Japanese pronunciation for the Chinese word “Ch’an”, and “Ch’an” is in turn a Chinese pronunciation of the word “Dhyana” in Sanskrit or “Jhana” in Pali, the two ancient forms of the language used in India, in the time of the Buddha, more than



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are fairly new readers. To help you through the fairly overwhelming archives, I've compiled a beginner's guide. Kind of a Quick Start guide. First, a note: Please don't try to go through this all at once.

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