

Class 12 11/14/06

## Zen Chakra

Zen Chakra is located at the center of the 3<sup>rd</sup> ventricle of brain or 1.3 inches below the center of the crown. By focusing on Zen Chakra, we can let the brain rest completely and further nourish and refresh our brain. From Buddhist point of view, Zen Chakra represents the level of Buddha and is the purest chakra among the ten. Therefore, Zen Chakra is the source of wisdom and universal life force. By focusing on Zen Chakra, we can reconnect ourselves to this universal life force. A common sensation while focusing on Zen Chakra is a swollen feeling. You may feel something heavy at the center of crown. This sensation may be very strong and some people may feel uncomfortable at first. However, these are all very good for us. Once you get used to it, you'll enjoy the pure energy from Zen Chakra. This energy can effectively help you get rid of wandering thoughts and also the feeling of pain and soreness in legs or lower back.

## Why do we need to practice Zen?

*By Zen Master Wu Jue Miao Tian*

### Prepare for a life hereafter

Why do we practice Zen? What do we gain by doing so? Religions such as Buddhism, Christianity, Islam, or others, provide ways to transcend spirituality beyond birth and death. And the quickest way to truly attain everlasting life is to follow the authentic and orthodox teachings without deviation.

Fame, wealth, and power are the values we strive for most of our lives. At the end however, they all disappear, because we could not take them with us. When death comes, all but one thing is left behind - our "Buddha nature" (or "divine within" or "Inner Self"). It is beyond birth and death. Discover and adhere to our "Inner Divinity" is what makes us

calm without fear when we face death. Practicing Zen, or being a Buddhist, is to seek his "Buddha nature" dedicatedly.

Although we do not know where we came from, we should not leave ignorant of where we will be going. In this life of ours, we should at least work earnestly to qualify ourselves to attain Buddha-hood by finding our Buddha nature.

### Enhance spirituality and disrupt reincarnation

Our body gives us senses: with eyes seeing, with ears hearing, with hands touching, etc. The world as we know it, is understood through these bodily senses. Our soul, on the other hand, is purely spiritual. This is the part of us that is invisible, intangible, and even indescribable. When we die, our body decays. What happens then to our soul?

To answer this question, let us start by introducing the ten Dharma Realms in Buddhism. From the highest to the lowest realm, they are Buddha, Bodhisattva, Pratyeka Buddha, Sravaka, Deity, Human, Asura, Animal, Hungry ghost, and Hell-being. The first four beings between Buddha and Sravaka are called the "Realm Of The Four Enlightened". The remaining six is called the "Realm Of Six Unenlightened". Human beings belong in the middle of the ten realms.

Beings living in the Realms of Human, or above, enjoy different degrees of blessings, while in contrast, beings living in the Realms, below the Realm of Human, suffer from different levels of retributions. Practicing Zen can help to reduce the suffering of the retribution caused by bad Karmas seeded in our past lives. Through this "purification" process, we can move up in the realms. Even if we do not move up and stay in the same realm, after reincarnation, we may still enjoy more blessings than others. As human beings, we'll always have the opportunity to live a better life in a higher, more purified realm, and eventually achieve enlightenment.

Do remember that Buddha nature is beyond life and death. In the face of death, we are being judged by what we have done in our life to determine which realms to go, blessed or retributive. By practicing Zen earnestly, if we achieve the formless merits that are beyond the understanding of senses, we will be blessed into the four "enlightened realms". If we only work hard and build up earthly merits, as we should always do, the Realm of God or Human is where we'll go. However, if evils are committed, such as killing and fighting, we may end up as beings below the Realm of Asura or Animal and doomed for many lives. Therefore death is not an end, but rather the beginning of a retributive period of suffering. This is the true meaning of "reincarnation" in many senses it is like a Buddhist "judgment day".

In the meantime our Buddha nature can be rediscovered by removing layers of veils blinded us. Through the practice of Zen, the veils are removed one by one and minds can be purified. Then comes a safe and peaceful society where the spirits of most people in the society are as pure as those of the beings in the highest Four Realms. In contrast to a society of murder, killing, and violence where spirits are lost and corrupted like beings in the lower realms. Alarmed by the increasing number of natural and man-made disasters that affect the human race as a whole, and the likelihood of another world war that would bring the whole human race down to lives like beings in the hungry-ghost or hell realms, how can we avoid the dooms-day tendency? Practicing Zen is the answer.

### **Liberating our soul and enjoying ever-lasting blessing**

Practicing Zen is to commit to reconnect to our Buddha nature and liberate our spirit so that we can advance ourselves to live in the higher and enlightened realms, and ultimately achieve Buddhahood in this life span.

It is difficult to comprehend how can one achieve Buddhahood in one life span. Shakyamuni Buddha showed us how to do that through his life story. He gave up his royalty and went through six years as a wandering ascetic in remote forest in search of ways to liberate from physical suffering and emotional attachment. Then after another six years, he was awakened under a Bodhi tree. He taught us the way to achieve Buddhahood by rediscovering the Buddha nature resides in all of us. The path, demonstrated to us by Buddha Himself, is the utmost and indisputable path.

Why is it the utmost and indisputable? It is the total liberation of our spirit, forever free from the reincarnation of suffering, and forever enlightened in the realm of Buddha.

Life is short. So waste no time when practicing Zen. Keep a healthy body and open your mind and heart. Study the teachings and convert to wisdom. Learn to differentiate truth from illusion. Take every step required. Stop behaving like the rest of the world who are doomed in the suffering of endless reincarnation.

We live to liberate our spirit. Everything else is but "emptiness". The only true accomplishment in our life long pursuit is spiritual. Devote yourselves to practicing Zen. Commit to achieving Buddhahood in one lifetime. You shall be wise, blessed, and enlightened.

### **Welcome to our upcoming events!**

1. Special Zen meeting & potluck dinner on Thanksgiving Sunday, Nov. 26 at Irvine (Donald's place)
2. Spring 2007 Zen meetings
3. Wednesday session at Irvine
4. Zen Retreat 2007

Keep in touch...you can contact us anytime via email: [zen@usc.edu](mailto:zen@usc.edu)