

## **Class 7: 10/30/07**

### **Zen and Science**

*If you prefer to examine under a microscope, if you act based on logic, if you must see to believe.....*

These are reasonable and logical responses from scientific mind persons. Let us explore Zen from these angles. First, let us establish a premise - the definition of Zen. Our Master defines Zen as the "Universal Life Force and wisdom." What does it mean in scientific term? It means that Zen is an "Intelligent Energy" governing the universe, so that there is harmony, order and growth. All physical and energetic life forms are the manifestation of this Life Force of Zen. Because energy never dies, only transforms, this life force continues to exist. Because life force is in the domain of energy, it just cannot be described, comprehend, or mastered by our mind. It can only be experienced.

Through out 3,700 years of teaching, from Vedanta in 1,700BC to Buddhism 500BC to Chan then Zen, the concept of this "Ultimate Spirit", or the "True Form Without Form" are always said to be "connected" to, or to be "transmitted", or to be "enlightened" with.

In scientific terms, it means if we can tune up our body, mind and spirit to be synchronized with this Life Force, we can decipher all of its messages and manifestations in real time, instead of figuring all the massive information with our brain of limited database. Therefore for 2500 years, Zen is taught without words or formalities, because it needs to be "connected to" and not "thought through".

Here are some scientific experiments or articles related to this topic for your references:

#### **1. Brain Scans Reveal Why Meditation Works**

[http://www.livescience.com/health/070629\\_naming\\_emotions.html](http://www.livescience.com/health/070629_naming_emotions.html)

#### **2. Message From Water**

Dr. Emoto of Japan proves that water crystallizes differently from different emotions injected by humans. He did a water experiment by communicating, "Love" and "hate" before the crystallization process. The water "loved" formed symmetrical and beautiful crystal. And those "hated" formed asymmetrical and ugly crystals. Since humans, animals and plants are all composed mainly of water...

<https://www.hado.net/>

#### **3. The Five Eyes**

“Buddhism classifies the eye into five categories; namely, the **Physical eye, Heavenly eye, Wisdom eye, Dharma eye, and the Buddha eye**. It should be pointed out first that the term 'eye' used here does not refer to the ordinary human eye. The human eye is but one kind of physical eye.” A speech delivered by Dr. Shen with very scientific and analytical illustration for the Five Eyes defined by Buddha.

Full article: <http://www-scf.usc.edu/~zen/files/5eyes.htm>