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ZAZEN PRACTICE 5 Zazen is a romanized Japanese term. "za" literally means to sit or sitting; "zen" means to meditate or concentrate. Actually, "zazen" is much more than "sitting in meditation". In short, "zazen" is a Buddhist practice to settle

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manner without recognising the importance of spiritual practices, such as meditation ( zazen ), and therefore of ignoring important historical Zen figures such as Dogen (1200- 53) and the Soto tradition in his voluminous writings (Faure 1993).

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