

TRUE ZEN
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If you want to meditate you must have instruction of right teacher, especially when you want to meditate at home. It will take at least six months before you get your own right posture. Everyone has their own right posture but without instructions you cannot find it.

For it to be your true posture, there must be spirit which is called Essence of Mind. Without spirit it cannot be your own.

So we say, "When you become yourself then Zen becomes Zen."

Checked by Gordon Geist 1999