

Why we need to sit zazen, now more than ever:

“Our basic attitude in living is our basic stance or posture: the way we hold ourselves and the way we hold the variety of emotions and actions that pass through us in a lifetime. You could say it’s an orientation toward life.

So when you think of it this way, you begin to appreciate why for Dogen zazen is so important. He doesn’t see it as a technique, or as an exercise, or even as religious observance. Zazen is literally an attitude. Zazen expresses human dignity and endurance. It expresses composure and patience. It expresses a full acceptance of whatever comes. So it’s not a discipline; it’s not something external or imposed. It is an expression of our deepest human aspiration. It is a gesture of the heart.”

Norman Fischer, from *Continuous Practice*