

Practice times at our Center in Bremen

MONDAY - SATURDAY

7:00 - 7:45 AM Zazen practice

MONDAY

8:00 - 10:00 PM Zazen and Dokusan/Taiwa
with Rei Ko Sensei (Michael Sabass)

TUESDAY

8:00 - 10:00 PM Zazen practice

WEDNESDAY

6:30 - 8:00 PM Zazen and Dokusan/Taiwa
with Kyo Shin Sensei (Dr. Menno Visser)

THURSDAY

8:00 - 10:00 PM Zazen and Dokusan/Taiwa
with Sai Sho Sensei (Wolfgang Schmidt)

SUNDAY

9:00 - 11:30 AM Zazen and Dokusan/Taiwa
with En Kyo Sensei (Regina Weißbach)

COURSES

Once per year we offer a course at the University of Bremen or College of Higher Education, where besides the classic Rinzai Zen practice (practice of Zazen, Tea Ceremony, Recitation) we discuss the part of the buddhist teaching where the spiritual background of the Zazen practice is given. You can find more details under www.neu.zenkreis-bremen.de.



ZEN-KREIS BREMEN e.V.

Vor dem Steintor 34 (Atriumhof), 28203 Bremen

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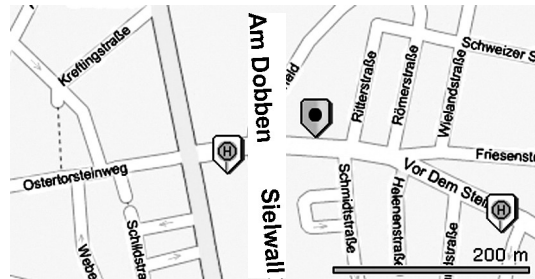
INTERNET

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Tram 2,3,10, stop „Sielwall“



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ZEN

in Bremen

*Zen means
to discover yourself.
To discover yourself means
to forget yourself.
To forget yourself means
to be in harmony
with all around you.*

- Dogen -



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○ About Zen

Zen-Buddhism stems from a monk Bodhidharma who brought the Buddhism from India to China in the 6th century. From there it has soon expanded to Vietnam and Korea, later to Japan and Taiwan, and since approximately 50 years – especially in its Japanese form – into the whole western world.

The term ‚Zen‘ stems from Sanskrit term ‚Dhyana‘ which comes from Chinese ‚Ch’an‘, which means concentrated immersion.

Zazen – sitting still – plays a central role in Zen. Without *Zazen* there is no Zen. The Zen-Meditation gives the practitioner access to the inside of their mind and leads to their „true self“.

○ Questions and Answers

What do I need to practice Zen?

Being open-minded is a good start. If you read this, you probably already have enough of it.

The Zen Way does not only aim at reaching inner peace and tranquility – they do not last long anyway. It is much more about immediate liberation – and this means that curiosity, endurance and determination to really find out what is meant are helpful.

Zen is not psychotherapy but a method to help you discover the corners of your mind which you always had but were not aware of before. This means questioning your most favourite, so comfortable ways of thinking and behaving, in order to see what is behind.

How does Zen „function“?

See if you can question this basic itch to move around, change your posture ever so slightly but continuously. Try to just sit absolutely still for 10 minutes and see what happens. What is there? Observe it.

The practice described above is called *Zazen* (Sitting still), and is essential in Zen Buddhism.

Also the so-called *Koan* – ancient paradoxical puzzles which cannot be solved intellectually – play a central role in Rinzai-Zen. They help the practitioner to step out of the borders of the learned, conditioned mind and experience the original „true self“.

Is Zen an Escape from Reality?

All what happens in the Zendo (Practice Hall) – Meditation, Recitation, Tea-ceremony, working, etc – is nothing more than skillful means to become more happy, content and peaceful in everyday life. During the practice, a certain inner posture is gained: with time one cares less and less about „what happens to me“ and more about „what happens around me“.

This quite a different mindset is a source of freshness and joy in your own life and brings harmony, happiness and ease into the world around you.

○ About Zen-Kreis

Translated from German, „Zen-Kreis“ means, literally, a „Zen Circle“. It is a space where practitioners connect to the tradition of *Rinzai-Zen*.

At our Zen-Kreis in Bremen, there are the following authorized teachers:

Rei Ko Sensei (Michael Sabass),
En Kyo Sensei (Regina Weissbach),
Sai Sho Sensei (Wolfgang Schmidt) and
Kyo Shin Sensei (Dr. Menno Visser).

The Zen-Kreis in Bremen is founded in 1985 by Rei Shin Sensei Bigan Roshi (Wolf-Dieter Nolting) in the lineage of Oi Saidan Roshi, Hoko-Ji Temple / Japan. Today in Germany there are 16 Centers which are the successors of this lineage.

At the moment there are about 70 members at Zen-kreis in Bremen. Many of them participate in the regular *Sesshin* (practice periods of several days, Retreats) which take place at our *Zendo* (Practice Hall) and at various locations in Germany.

At our center JI KAI ZEN KUTSU („Sea of Kindness“) there are a large *Zendo* and two gathering rooms for regular *Sesshin* and *Zazen* together.

○ Activities at our Zen-Kreis

- Regular practice of *Zazen* in a group
 - *Koan*-study with a teacher (*Dokusan*) and personal guidance (*Taiwa*)
 - intensive practice of *Zazen* during weekend- and 7-day-*Sesshin*
 - Mindful Speaking & Compassionate Listening-Nonviolent Communication
 - Sutra-evening: discussing Buddhist Texts
- Furthermore, we regularly organize various courses at College of Higher Education and University of Bremen, give public talks and discussions about the Buddhist teaching.

An up-to-date schedule can be found at www.neu.zenkreis-bremen.de.

Please arrive 20-30 minutes before the weekly *Zazen* practice and bring comfortable, not too bright clothing. Cushions, meditation benches and mats are available in excess. Everybody is warmly welcome to visit us on any scheduled *Zazen* evening! Members of Zen-Kreis Bremen e.V. pay a monthly fee of 25,- €; a discount is possible for certain classes of people. Nonmembers are welcome to make a donation of 2,50 € per visit.

Your first visit is free of charge.